

Attending a clinic

We provide clinic venues city wide and aim to offer appointments from 8.30am to 5.30pm in several of our clinics.

We also have a team who visit people at home if you are housebound and do not see a community nurse.

Will I see a nurse or a physiotherapist?

After you have seen your GP a referral will be sent to the continence service. We will then read your referral and decide on whether you should see a nurse or a physiotherapist. Our appointment booking centre will then ring you to arrange your first appointment.

How do I contact you?

In the first instance please see your GP who will do the referral for you.

You are not alone.

At least 35,000 people in Sheffield have the same kind of problems.

1 in 4 women and 1 in 20 men suffer with incontinence at some point in their life.

Contact details

Continence Advisory Service

Telephone: **0114 271 3248**

Booking Centre
Single Point of Access (SPA)

Telephone: **0114 226 6500**

It is the intention of Sheffield Teaching Hospitals to treat all people with dignity and respect. To this end, we will endeavour to provide care which supports and promotes and does not undermine, a person's self respect, regardless of difference.

Continence Advisory Service

Information for patients Continence Service



Alternative formats can be available on request. Email: sth.alternativeformats@nhs.net

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**PROUD
TO MAKE A
DIFFERENCE**

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



Welcome to Sheffield's Continence Advisory Service

This leaflet outlines typical symptoms for bowel or bladder incontinence and what to do next. If you are experiencing any of these problems we may be able to help you regain control.

Do you have problems with your bladder?

If so we may be able to help you. It might be that you are not leaking urine but your bladder is controlling your life.

- Do you feel you frequently need to go to the toilet?
- Do you have to get to the toilet urgently or not get there in time?
- Do you get up in the night to go to the toilet or wet the bed?
- Do you leak urine when you cough, sneeze, giggle, lift heavy things, stand up from your chair or exercise?
- Do you leak urine during sex?
- Do you worry about where the toilets are when you are out?
- Do you dribble urine on your pants after going to the toilet?

Do you have prolapse problems?

If so we may be able to help you.

- Do you have heaviness or a dragging sensation within your vagina or around your bottom?
- Do you feel a bulge into your vagina?
- Do you have pain inside or around your vagina?

Do you have a problem with your bowel?

If so we may be able to help you.

- Are your stools hard and small?
- Do you have to sit on the toilet a long time to empty your bowel?
- Does it hurt to empty your bowel?
- Do you have to get to the toilet quickly or not get there in time?

What can we do to help?

We can offer advice and treatment for women and men with these problems. Our services are free and confidential.

Would you like an appointment?

Make an appointment with your GP in the first instance and they will rule out any underlying conditions that the GP can treat. Your GP should do an internal examination,

check your urine and offer you some basic advice. Then they will refer you to our service if they feel we can help.

What will happen at the clinic?

The specialist nurse or women's health physiotherapist will ask you about the problems you are experiencing. We will also want to know about your general health and any medications you are taking so please bring a current list of your medication.

We may need to do an internal examination.

After the assessment we will discuss with you what we have found and talk about what we can offer you and what you can do to help yourself.

The continence service works closely with the hospital staff working in Urology, Urogynaecology and Colorectal services.