

Your referral to our urogynaecology nurse led clinic

Department of Urogynaecology

Information for Patients

Produced: November 2024

Review: November 2027

Leaflet number: 1559 Version: 1

Introduction

You have been referred to our nurse led clinic as you are most likely having either pee or prolapse symptoms or both. A prolapse is a bulge in in the vagina.

We are in the gynaecology outpatients department at the Leicester General hospital. It is next to the maternity entrance. The easiest car park to use is on Coleman Road.

Problems with leaking pee are very common. They affect around half of adult women. It is more common in older women. 3 out of 4 women over 65 reporting leaking pee.

You might be referred to our clinic if you have any of the following problems

- Leaking pee
- Peeing too often or having to rush for a pee
- Not emptying the bladder properly so you have to go again soon after you pee
- Problems starting the pee flowing or having to strain to pee
- Getting up in the night for a pee more often than 1 or 2 times
- Having to strain for a poo or having to put pressure in the vagina or the outside to poo
- Constipation—going for days without a poo or having hard poo
- Feeling dragging in the vagina or discomfort in the lower back or low tummy
- A lump of skin coming out of the vagina
- Problems having sex because of prolapse

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.leicestershospitals.nhs.uk for maps and information about visiting Leicester's Hospitals
To give feedback about this information sheet, contact InformationForPatients@uhl-tr.nhs.uk

There are 2 main types of urinary incontinence

Stress incontinence: you leak pee when the bladder is under pressure, for example with coughing/laughing/sneezing or with physical activity or sex. It is due to weak pelvic floor muscles or when the valve on your pee tube is weak.

Urgency/Urge incontinence: is due to overactive bladder muscles. The bladder squeezes to empty pee even when you do not want it to. This leads to a sudden need to go to the toilet. You are not able to hold your pee. This leads to leaking pee before you get to the toilet. This can be called an overactive bladder.

Prolapse symptoms

A pelvic organ prolapse is when one or more of the organs in the pelvis slip down from their normal position and cause a bulge in the vagina. It can be the womb, bowel, bladder or the top of the vagina

Up to half of women will develop a pelvic organ prolapse over their life time.

You might have a feeling of heaviness in the vagina or the lower tummy, you may notice a bulge that comes out of the vagina, dragging with sex, difficulty with being able to have a pee or a poo easily. Some people who have a prolapse may not have any symptoms.

Before you attend your clinic appointment

If you need an interpreter please tell the clinic co-ordinator when the appointment is booked or call us when you get this letter using the number on page 4.

Before to you appointment please fill out and bring these to your 1st appointment:

1. Medical survey
2. Bladder diary if you have peeing symptoms
3. There is a green and yellow survey that assesses your peeing symptoms
4. There is a blue survey that assesses prolapse symptoms.

The questionnaires help us to learn about and treat your symptoms. At the end of treatment we will reassess your symptoms using the same surveys. We can then see how successful our treatment is for our patients is every year.

What to expect at your first appointment

- Your first appointment will last for 1 hour. It will be in person.
- We will then follow it up with a 30 minute follow up appointment. This might be in person or on the phone.
- We will take a medical history. We will find out more about the symptoms you are having.
- Please come to your appointment with a full bladder. We might need a pee sample.

- Once you have peed, we might do a bladder scan to see if you are emptying your bladder properly.
- We might need to do a vaginal examination.
- We might insert either a lubricated gloved finger into the vagina to check your pelvic floor muscle or a speculum into the vagina to check your prolapse.

Treatment during your appointment

We will ask some questions about your health.

We will check your bladder emptying/pelvic floor muscles.

We will talk to you about the best treatment options for you.

We will make a treatment programme you to follow. This may include:

- Fluid advice
- Bladder retraining
- Structured routine pelvic floor exercises
- Bladder emptying techniques
- Continence devices
- Medication
- Pessary sizing/fitting and teaching to self manage
- Teach you to empty your bladder with a clean tube if you cannot empty your bladder properly in the normal way

There might be some other services we would need to refer you to if you need further treatment/support

- Back to a consultant to discuss having an operation
- Women's health physiotherapy department
- Urology department
- Your GP
- The functional bowel clinic
- The Castledon continence clinic

We might arrange some other tests to help check and treat your symptoms:

- Blood tests
- Ultrasound scan

- Cystoscopy - having a look inside the bladder with a telescope camera
- Urodynamics - tests to see how your bladder behaves under stress
- For bowel symptoms
 - Sigmoidoscopy - a telescope camera to look inside your bowel
 - Proctogram - a test to see how your bowel behaves when you poo

More information and support

If you have any questions and if you need more support, you can contact the Urogynaecology Clinical Nurse Specialists on the number below.

If we are working in clinic the phone will go to answerphone. Please leave a message with your name, hospital number and a contact number so we can return your call.

We work Monday to Friday. Your messages will not be returned over the weekend or on bank holidays. There may also be times in the peak where our service is not always covered due to unforeseen reasons so your call may not always be returned on the same day.

Please be aware that if you do not attend any appointments without letting us know you will be discharged from our service. If you re-arrange 2 appointments we will discharge you.

If you arrive more than 20 minutes late for your appointment we will not be able to see you as it will delay our other patients' appointments. Please allow good time to park and check in with reception.

Contact details

Urogynaecology Nurses Office: 0116 204 7897

For more information about appointment times or if you wish to cancel/re-arrange your appointment please contact the clinic co-ordinators on 0116 258 4821.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email equality@uhl-tr.nhs.uk