

# Castleden Bladder & Bowel Clinic

## Continence Service

Information for Patients

Last reviewed: May 2023

Next review: May 2026

Leaflet number: 912 Version: 3

### What is the Castleden Clinic and where is it located?

Leicester's hospitals adult bladder and bowel outpatients service runs 2 clinics which aim to treat people with bladder or bowel problems:

- A consultant geriatrician led clinic (with specialist nurse support) for bladder and bowel problems in adults with complex medical conditions, or people over 65 years of age who are frail or have more than one medical condition.
- A continence specialist nurse led clinic for adults with bladder and bowel problems in neurological medical conditions.

Treatments may cure symptoms or make them more manageable, putting you back in control.

**Please note:** our service **does not** provide continence pads. Please speak to your GP for a referral to the Community Continence Service, who can assess you for this service.

We are located at Leicester General Hospital, next to Neurology Outpatients.

### What is incontinence?

Urinary and faecal incontinence is passing urine or faeces without your control. Urinary incontinence can range from a small dribble occasionally, to your bladder emptying completely.

Incontinence can be very upsetting, affecting your quality of life as well as your family's. Many people are embarrassed by the problem but, importantly, it is often treatable.

**Health information and support is available at [www.nhs.uk](http://www.nhs.uk)  
or call 111 for non-emergency medical advice**

Visit [www.leicestershospitals.nhs.uk](http://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](mailto:InformationForPatients@uhl-tr.nhs.uk)

## How common is urinary incontinence?

Urinary incontinence is more common than faecal incontinence, and is more common in women. It can happen at any age but it is more likely to develop as you get older. It is estimated that 14 million men, women and children have bladder problems, and 6.5 million adults in the UK have bowel problems, with 1 in 10 adults affected by faecal incontinence.

It is likely that the true number of people affected is much higher. Many people do not tell their doctor about their incontinence, due to embarrassment. Some people wrongly think that incontinence is a normal part of ageing or that it cannot be treated, when actually many cases can be successfully treated or significantly improved.

## What causes incontinence?

Incontinence is not a disease but a symptom with a cause. There are several types of urinary incontinence and the cause can be quite simple, but it can also be more complex. Assessing for the cause is an important part of any continence assessment.

## What can I expect at my appointment?

Depending on which clinic you attend, you will be seen by a continence nurse specialist and/ or a consultant geriatrician/ specialist registrar. At times nursing or medical students may also be present, but you can let us know if you do not want them to be there.

### It is important that you come with:

- a partly filled bladder (have a drink 1 hour before you arrive).
- a completed bladder or bowel diary (this is important in helping us to find the source of your problem).
- your completed questionnaire.
- a list of your current medication.
- any equipment that you may need to transfer onto the couch (hoist is available).

To try and find out what may be causing your bladder or bowel problems, and to start the best treatment, you will have a full bladder or bowel assessment. This will include taking a history of your problem, and may include the following:

- a urine test.
- a simple bladder scan.
- a physical examination such as a:
  - **digital rectal examination** (a lubricated gloved finger is inserted into the rectum to assess for constipation, muscle tone and other abnormalities).
  - **pelvic floor examination** (a lubricated gloved finger is inserted into the vagina to assess the pelvic floor muscle).
  - **prostate examination** (a lubricated gloved finger is inserted into the rectum to assess the prostate).

## What are my treatment options?

We aim to explain your bladder and bowel problem and discuss treatment options with you. We will put together an individual treatment programme for your needs, providing advice and support which may include:

- fluids and dietary advice
- pelvic floor exercises
- bladder training
- continence aids
- intermittent self-catheterisation for bladders that do not empty fully
- trans-anal irrigation to help remove faeces from your bowel
- medication

## What other tests might I need to have?

If after your assessment we need further information, we may need to perform or refer you for further tests such as:

- blood tests
- X-ray
- ultrasound scan
- cystoscopy
- urodynamics
- flexible sigmoidoscopy

## Who might I be referred to?

If we need support with your treatment programme you may be referred to the following:

- Women's health physiotherapists
- Independent nurse
- Community nurse
- Your GP
- Bowel function service

## How long will my appointment take?

The first appointment will take about 1 hour. Follow-up appointments will either be face-to-face and take about 30 minutes, or will be a 15 minute telephone call with the specialist nurse.

We always aim to keep to time, but there may be occasions when appointments take a little longer for those with complex problems.

## What is expected from me?

To allow us to provide the best possible service and offer timely appointments, you should give the clinic plenty of notice if you cannot attend or no longer want your appointment. We can then offer your appointment to someone else.

If you have any additional requirements that you may need for your appointment (such as equipment/ hoist), please contact the clinic before your appointment so this can be arranged for you.

**Please be aware that if you fail to attend your appointment without letting us know, unfortunately you will not be offered a further appointment, until your GP refers you to clinic again. Cancellation of 2 appointments may also result in you being discharged from the clinic.**

**If you arrive more than 20 minutes late for your appointment, we will not be able to see you as it will delay other patient's appointments. You will be asked to rebook your appointment.**

For information about appointment times or to cancel your appointment, please contact the Clinic Co-ordinator on **0116 258 4061**.

## Further information and support

If you wish to know more about the service that the Castleden Clinic offers, you can contact the Continence Nurse Specialists on **0116 258 4062** who will be happy to speak to you. The telephone may go to answerphone if we are seeing patients, so please leave a message and we will try to return your call within 48 hours, Monday to Friday.

**The Bladder & Bowel Community** is a charitable organisation which provides help and support: website: [www.bladderandbowel.org/](http://www.bladderandbowel.org/) email: [help@bladderandbowel.org](mailto:help@bladderandbowel.org)

## How we use your personal information

To assess the severity and progress of your condition we need to ask and record detailed and sensitive information. This personal information is kept securely and confidentially under the requirement of the Data Protection Act 1998. We only share this information with other health professionals with your permission.

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](mailto:equality@uhl-tr.nhs.uk)**