Bladder and Bowel Service
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Who are we and what do we do?

The bladder and bowel service consists of the team of specialist nurses who are trained to support individuals with bladder and bowel problems.

We offer a confidential, friendly service for all ages (children and adults). A comprehensive bladder and bowel assessment is carried out and a treatment programme is tailored to suit your individual needs.

Who do we see?

We see patients of all ages. The service sees children from 0-19 years old and the adult service from 18 years old via an appointment system.

Common areas of concern may include:

- Persistent bedwetting/ getting up a number of times in the night to use the toilet
- Persistent constipation
- Persistent soiling
- Leaking urine on coughing, exercising or laughing
- Frequent need to rush to use the toilet to pass urine (more than seven times a day)
- Feeling the need to constantly go to the toilet to pass urine
- Day time wetting (Delay in developing toilet training skills over four years old)

We can also support families in implementing individual toilet programmes of care and give specialist advice on toileting aids and equipment.

Clinics

Clinics are offered in different areas of Gateshead on different days of the week 9am until 4pm. Please contact us to select the nearest clinic for you.

How to contact us:

You can refer yourself or your child into our service by calling the telephone number shown on the leaflet. You can also be referred to us by your Doctor, Health Visitor/School Nurse or any other Health Professional involved in your or your child’s care.
If you live, or your GP is located in Gateshead please contact:

Bladder and Bowel Service
Bensham Hospital
Saltwell Road
Gateshead
NE8 4YL
Telephone: 0191 4458417

Practical advice

What you can do before an appointment to help keep your bladder and bowel healthy

- Have six to eight drinks evenly spaced out throughout the day, with the last drink no later than one and a half hours before sleeping at night.

- Avoid drinking citrus drinks, such as pure orange juice and blackcurrant; fizzy drinks caffeinated drinks, such as cola, hot chocolate, tea and coffee as they can all irritate the bladder and bowel.

- Eat a well-balanced diet, including two portions of fruit and three portions of vegetables a day with a variety of wholemeal foods.

- Keep as active as possible, recommended at least 30 minutes of exercise daily.

- Establish a regular toileting routine with regard to both bowel and bladder, making sure you empty your bladder four to seven times a day, and before going to sleep. Ensure that you open your bowels daily or on alternate days.

Further advice

Further advice and support can be gained from your GP, Health Visitor or School Nurse.

Useful websites include: www.bladderandboweluk.co.uk and www.eric.org.uk (Children)

Data Protection

Any personal information is kept confidential. There may be occasions where your information needs to be shared with other care professionals to ensure you receive the best care possible.

In order to assist us to improve the services available your information may be used for clinical audit, research, teaching and anonymised for National NHS Reviews. Further information is available in the leaflet Disclosure of Confidential Information IL137, via Gateshead Health NHS Foundation Trust website or the PALS Service.

This leaflet can be made available in other languages and formats upon request

NoIL545 Version:1 First Published:05/2017 Review Date:05/2019 Author:M.Newton