

Bladder and Bowel Specialist Service

Bladder and Bowel Specialist Service

Who are we and what do we do?

The bladder and bowel specialist 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 to develop an individualised toilet programme, give specialist management and conservative advice including medication, toilet aids and equipment.

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 constipation
- Faecal incontinence
- Persistent faecal soiling
- 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
- Leaking urine on coughing, exercising or laughing
- Day time wetting (Delay in developing toilet training skills over four years old / functional difficulties)
- Changes in urine flow / difficulties passing urine
- Persistent bedwetting/ getting up a number of times in the night to pass urine

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. Please contact us to select the most appropriate clinic for you.

How to contact us:

You can be referred to us by your Doctor, Health Visitor/School Nurse or any other Health Professional, education or social services involved in you or your child's care.

You can refer yourself or your child into our service by calling the telephone number shown on the leaflet to discuss possible referral.

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.

Additional advice

Further advice and support can be gained from your GP, Health Visitor or School Nurse (0-19 children service).

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 and Statistics.

Further information is available via Gateshead Health NHS Foundation Trust website (<https://www.qegateshead.nhs.uk/fairprocessing>) or by contacting the Data Protection Officer by telephone on 0191 445 8418 or by email ghnt.ig.team@nhs.net.

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

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