



<p>If you require translation services or a copy of this document in other languages, audio tape, Braille or larger print, please speak to a member of CWP staff, e-mail info@cwps.nhs.uk or write to: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>যদি আপনার ট্রান্সলেশন সার্ভিসের বা এই দলিলের কপি অন্য ভাষায়, অডিও টেপে, ব্রেইল বা বড় ছাপায় দরকার হয় তবে অনুগ্রহ করে সিডবিউপি এর স্টাফদের সাথে কথা বলুন, ইমেইল করার ঠিকানা info@cwps.nhs.uk বা কমিউনিকেশন, চেশায়ার ও উইরাল পার্টনারশীপ এনএইচএস ফাউন্ডেশন ট্রাস্ট, আপটন লী, কাউন্টেস অফ চেস্টার হেলথ পার্ক, লিভারপুল রোড, চেস্টার, সিএইচ২ ১ বিকিউ ঠিকানায় লিখুন।</p>
<p>如果您需要翻譯服務或想索取這份文件的其他語文、錄音帶、凸字或大字體版本，請向我們的職員查詢。您亦可以寄電郵至 info@cwps.nhs.uk 或寄信到 Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>જો તમારે ભાષાંતર સેવાઓ અથવા આ દસ્તાવેજની બીજી ભાષાઓમાં નકલ, ઓડિયો ટેપ, બ્રેઇલ અથવા વિશાળ ફંટની છપાઈની જરૂર હોય, તો કૃપા કરીને સીડબ્લ્યુપી (CWP) ના કર્મચારીઓ સાથે વાત કરો, ઈમેલ કરો: info@cwps.nhs.uk અથવા આ સરનામે લખો: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>यदि आपको अनुवाद सेवाएं या इस दस्तावेज की अन्य भाषाओं में नकल, ऑडियो टेप, ब्रेइल लीपि या विशाल आकार में छपाई की आवश्यकता हो, तब कृपया सीडब्ल्यूपी (CWP) कर्मचारियों के साथ बात कीजिये, या ईमेल कीजिये: info@cwps.nhs.uk या इस पते पर लिखिये: Communication, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Jeśli wymagane jest tłumaczenie lub kopia niniejszego dokumentu w innych językach, na taśmie magnetofonowej, w języku Braille'a lub dużym drukiem, prosimy o skontaktowanie się z członkiem personelu CWP (Organizacja partnerska krajowego systemu zdrowia regionów Cheshire i Wirral) lub przez pocztę elektroniczną: info@cwps.nhs.uk lub na adres: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>
<p>Os oes arnoch angen gwasanaeth cyfiethu neu gopi o'r ddogfen hon mewn ieithoedd eraill, tâp sain, Braille neu brint mawr, siaradwch ag aelod o staff CWP, e-bost info@cwps.nhs.uk neu ysgrifennwch i: Communications, Cheshire and Wirral Partnership NHS Foundation Trust, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.</p>

CONTINENCE ADVISORY SERVICE

CHILDREN & YOUNG PEOPLE CLINIC INFORMATION LEAFLET

Feedback

We welcome any suggestions you have, please send your **comments, concerns, complaints and compliments** to: **The Patient Experience Team**, Trust Board Offices, Upton Lea, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1BQ.

For more information see www.cwp.nhs.uk

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Who are we?

We are a team of Specialist Nurses and a Nursery Nurse. We help children and young people who have bladder and / or bowel problems.

Where will the appointment be?

An appointment will be offered in one of our Children's Community clinics. These clinics are held at:

- Hope Farm clinic, Ellesmere Port
- Lache Health Centre, Chester
- Blacon Children's Centre, Chester
- Princeway Health Centre, Frodsham.

What happens at this appointment?

We will discuss the problem and advice on appropriate treatment programmes. This process will require a great deal of time and commitment in order for the programmes to be successful.

If you are aged 14-19 and would like your initial appointment to be in the adult clinic please contact us on 0151-347-4207 so that this can be arranged.

What we need prior to clinic:

An appointment letter will be sent with charting to be completed prior to attending clinic. This charting is important as it will help us treat the problem more successfully.

If there are any problems completing the charting please let us know.

Will there be any tests done in clinic?

- Urine will be tested at the initial appointment to check for infection.
- We may do an abdominal examination to assess for constipation.
- We may do a bladder scan to see if the bladder is emptying properly.

Things to do before attending the appointment:-

For bowel symptoms:-

- Aim to have between 6-8 water based drinks per day. Space drinks out evenly during the day.
- Eat a minimum of 5 portions of fruit and vegetables daily including a variety of high fibre foods e.g. wholegrain cereals, wholegrain pasta and rice, wholemeal/granary bread.
- Do 60 minutes of exercise daily (this does not need to be done all at once).

For wetting symptoms:-

- Aim to have between 6-8 water based drinks per day. Space drinks out evenly during the day.
- Avoid tea, coffee, hot chocolate, blackcurrant, any red berry drinks and fizzy drinks as they stimulate/irritate the bladder and may cause increased wetting symptoms.
- Stop drinks 1 hour before bed. Have a wee before going to bed and another before going to sleep.

Please be aware

- **We do need a minimum of 48hours cancellation notice to allow us to reallocate this appointment.**

Contact information

- To re-arrange the appointment please contact 0151 347 4207
- The nurse can be contacted on 0151 347 4217 with any queries / concerns regarding the appointment.
- **E-mail: eph.continence@nhs.net**

Useful websites:

- www.eric.org.uk
- www.nhs.uk/change4life.com
- www.promocon.co.uk
- www.drylikeme.com
- www.nice.org.uk