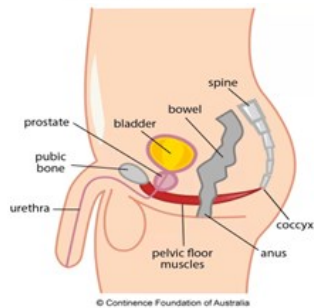
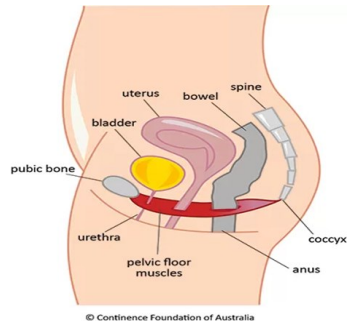


Pelvic floor muscle

Pregnancy, childbirth, menopause, lack of exercise, age, weight gain, previous surgery, persistent heavy lifting, prostatectomy can all affect the pelvic floor.

Kegel exercises can strengthen the pelvic floor muscle enabling control of the bladder and bowel and improving continence symptoms. Men should also actively carry out kegel exercises.

The pelvic floor muscle supports pelvic organs including the bladder, rectum, and the uterus, these are the organs that are responsible for proper bladder, bowel and sexual function as well as passing waste.



Who can refer?

Multi-disciplinary team professionals, GP, social services.

What we do?

We provide a holistic assessment to support and advice on the promotion and management of continence, covering *South Hams, Plymouth and West Devon*.

The community continence team will only prescribe pads when all other treatment has failed.

You will need to purchase pads until assessed and a treatment plan is in place. Patients once in receipt of products will receive a yearly review, or sooner if any changes occur.

What happens if I was prescribed pads by the children's Continence Team and I am now an adult?

To streamline your transition into the adult continence service you will receive a joint assessment with the paediatric and adult continence service.

What if I cant understand or read English very well?

An interpreter service can be made available.

Community Continence Service



01752 434759

Livewell.continence@nhs.net

www.livewellsouthwest.co.uk/project/continence-service



Livewell Southwest



@livewellsw

Supporting people to lead independent, healthy lives

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There are many types of incontinence

Often people who experience incontinence will not have one type but may have combined symptoms known as mixed incontinence, Incomplete emptying may also cause urinary incontinence it maybe necessary to have a bladder scan to rule out retention.

Stress: Leaking when laughing, coughing, sneezing and lifting.

Urge: Strong desire to pass urine or open bowels with inability to reach toilet in time.

Nocturnal: Bed leaking or involuntary loss of urine overnight.

Functional: Cognitive or inability to reach toilet in time due to cognitive/physical disabilities.

Overactive: Frequency in urinating unable to hold for at least 2 hours in-between voids.

Top tips for a healthy bladder

Monitor fluid type and intake:

Try to reduce coffee, tea, fizzy drinks, citrus drinks and anything containing alcohol. These drinks will increase bladder activity and can lead to urinary leakage.

Aim for a fluid intake of approx. 1.5 to 2 litres each day (6-8 cups), when you don't consume enough fluid urine becomes concentrated which will lead to irritation to the bladder and constipation which will also have a profound impact on the bladder.

Recommended drinks

Water

Milk

Diluted Juices

Decaffeinated Coffee + Tea

Milkshakes

Herbal Teas



Top tips for a healthy bowel








Do not delay opening your bowels when you have the urge to do so.

Avoid constipation and straining Type 1-2 stool (Bristol stool chart).

Try to keep your weight within the recommended range for your height.

Maintain a good fluid and dietary intake with three meals per day to keep the bowel active. Government guidelines say our dietary fibre intake should be 30kg daily.

Bristol Stool Chart

Type 1		Separate hard lumps, like nuts (hard to pass)
Type 2		Sausage-shaped but lumpy
Type 3		Like a sausage but with cracks on the surface
Type 4		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces. Entirely Liquid