

Bladder incontinence summary

Do I need to see my doctor?

Have you had your annual specialist check-up?

Are there any further surgery or drugs needed to improve your continence management?

If any new changes or problems occur before your next appointment, contact your doctor immediately.

How well is your catheterisation routine working?

Are your products — catheters, pads etc. up to date and suitable for your needs?

Use the attached continence management planner to record your visits and follow up.

Do I have a urinary tract infection?

Summary of key symptoms to watch for:

- smelly or cloudy urine
- fever, nausea or vomiting
- loss of appetite
- headache and fever
- just feeling 'off colour'.

Am I following good management principles for bladder incontinence?

Summary:

- regularly dipstick urine and if the stick turns red see your doctor immediately
- always drink lots of fluids
- drink cranberry juice regularly
- always follow your cathing routine and fully empty the bladder
- see your doctor immediately if there is unexplained pain or your continence changes.

Do I have symptoms of tethered cord syndrome? (see p. 18)

See a doctor immediately if you have any of the following:

- new pain
- changes to your urinary incontinence
- changes to your gait (way of walking)
- altered sensation in genital regions and during sex
- increasing muscle weakness or loss of sensation in your legs.

How do I find the best continence products and appliances for my needs?

Seek specialist advice from a continence nurse, and the Resources section on page 23.

Try as many products as possible. Trial and error is the best way to determine the most suitable products for you.

What products are available?

- drainage bags and equipment if you have had a urinary diversion
- pads (for day, night, sport, swimming etc.)
- anal plugs and bowel strapping material
- single use catheters and reusable catheters
- lubricants
- wipes
- latex free gloves
- carrying equipment
- special swimming gear and clothing.
- bedding.