

Bowel incontinence summary

Have I had my annual specialist check up?

Ensure that you see your urologist and continence nurse at least once every 12 months for a thorough check up and tests. This is to find out:

- how well your bowel is functioning, and how effectively your continence management routine is working
- whether you need to change your routine in any way
- whether any further surgery or drugs are needed to improve continence management
- if any changes or problems that have occurred over the last year need further investigation

- how well your enema routine and use of products is working.

Use the continence management planner at the end of this booklet to record your visits and follow up.

Am I constipated?

- If I have not been able to empty my bowel for two days, and my stool consistency is very hard I am constipated.
- If this occurs go to the doctor immediately for advice.
- Constipation should be attended to immediately.