Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

# Continence Advisory Service

Version number: **1**
Last modified date: **12th November 2026**

# Continence Advisory Service

## Patient Information

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## Incontinence

This is the term that usually describes bladder and/or bowel leakage. It is generally a problem that no-one likes to talk about. It is often distressing and embarrassing and can happen to anyone, young or old, men, women and children.

Over 4 million people in the UK are thought to be sufferers. Those who are fortunate enough not to have a problem often have a friend or relative that has.

There are many types of incontinence, here are some examples:

- Bedwetting affecting adults as well as children
- Stress leakage on laughing, coughing or sneezing
- Urge leakage with an urgent feeling of having to rush to the toilet
- Dribbling
- Bowel leakage

For many sufferers, incontinence can be cured once the cause has been found. For others, it can be minimised or made more tolerable.

## What is the Continence Advisory Service?

We are a team of nurses who have expertise in helping adults and children with bladder/bowel problems. The service also provides an educational/advisory service for interested health professionals caring for individuals who have bladder/bowel problems.

## What will happen to me?

Following a referral, an appointment will be made for you to be assessed by a specially trained nurse to find the cause of your problem.

Your assessment may take place in a clinic, at home, a day centre or care home. We may contact you by telephone for further information.

Alternatively, at the nurses discretion, you may be referred directly to another specially trained nurse or doctor or, after assessment, you may be referred to another service.

## At the assessment

At first, you will be invited to talk about your problem so the nurse can build a picture of why you have a bladder or bowel problem and what can be done to help.

You may be asked to provide a sample of urine.

The nurse may undertake a bladder scan. This is to find out if your bladder is emptying properly. You will be asked to empty your bladder before the scan.

- The nurse may wish to perform a vaginal examination to assess your pelvic muscles.

- The nurse may examine your rectum (back passage) if you have a bowel problem.

- Please ask a member of staff if you prefer a chaperone present at examination.
- An explanation of the problem will be given and possible solutions will be discussed with you.

## After the appointment

You may be asked to complete some bladder or bowel charts to help with your management. You will be given a further appointment in a few weeks time to discuss these.

## Contact

If you have any queries regarding your appointment, please contact our team on:

**0300 707 1526**

Office admin is available:

Mon-Fri 8.30 – 2.30pm



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