

Castleden Bladder and Bowel Clinic

Continence Service

Information for Patients

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What is the Castleden Clinic?

It is an adult bladder and bowel outpatient service. We run **2 clinics** for people with bladder or bowel problems.

1. Doctor-led clinic

- Run by a doctor, with support from a specialist nurse
- For adults with complex medical conditions
- Also sees people aged over 65 who are frail or have more than one health problem

2. Nurse-led clinic

- Run by continence specialist nurses
- For adults with bladder and bowel problems linked to neurological conditions

Treatment may cure your symptoms or help you manage them better.

Our aim is to help you feel **back in control**.

Please note: our service **does not** provide continence pads. Please speak to your GP for a referral to the Community Continence Service. They can assess you for this service.

Where is it based?

We are based at Leicester General Hospital, next to Neurology Outpatients.

What is incontinence?

Incontinence means passing pee (urine) or poo (faeces) without being able to control it.

**Health information and support is available at www.nhs.uk
or call 111 for non-emergency medical advice**

Visit www.uhleicester.nhs.uk for maps and information about visiting Leicester's Hospitals.
To give feedback about this information sheet, contact uhl-tr.informationforpatientsmailbox@nhs.net

- Urinary incontinence can range from a small leak to emptying the bladder fully
- Incontinence can be very upsetting
- It can affect your daily life and your family

Many people feel embarrassed, but it is important to know that **incontinence is often treatable** or can be improved.

How common is urinary incontinence?

- Urinary incontinence is more common than bowel incontinence
- It is more common in women
- It can happen at any age, but is more likely as people get older

Many people do not tell their doctor because they feel embarrassed or think it cannot be treated. This is not true — **many people improve with treatment.**

What causes incontinence?

Incontinence is not a disease. It is a symptom with a cause.

- There are different types of bladder and bowel incontinence
- Causes can be simple or more complex
- Finding the cause is a key part of your assessment

What can I expect at my appointment?

You will be seen by a continence nurse specialist and/ or a doctor. At times nursing or medical students may also be present. Please let us know if you do not want them to be there.

It is important that you come with:

- a partly filled bladder (have a drink 1 hour before you arrive).
- a completed bladder, bowel and food diary. We need this to help find the cause of your problem.
- your completed questionnaire.
- a list of your current medicines.
- any equipment that you may need to move onto the couch (hoist is available).
- Any **time-critical medicines** (for example Parkinson's medication)
- Please let us know if you are travelling by ambulance. We can book you an earlier appointment that will ensure delays taking you home are minimised.

Your assessment

We will do a full bladder or bowel assessment to try to find the cause of your symptoms. We can then start the best treatment. We will take a history of your problem. It may include the following:

- a urine test.
- a simple bladder scan.
- a physical examination such as
 - a **rectal examination**. We insert a lubricated gloved finger into your bottom to check for constipation, muscle tone and other abnormalities.
 - **pelvic floor examination**. We insert a lubricated gloved finger into the vagina to check the pelvic floor muscle
 - **prostate examination**. We insert a lubricated gloved finger into the bottom to check the prostate.

What are my treatment choices?

We will explain your bladder and bowel problem and talk about treatment choices with you. We will put together a personal treatment programme. It offers advice and support which may include:

- fluids and dietary advice
- pelvic floor exercises
- bladder training
- continence aids
- medicines
- intermittent self-catheterisation for bladders that do not empty fully
- trans-anal irrigation to help remove poo from your bowel

What other tests might I need to have?

If after your assessment we need more information, we may need to do or refer you for more tests such as:

- blood tests
- X-ray
- ultrasound scan /CT scan
- cystoscopy
- urodynamics
- flexible sigmoidoscopy

Who might I be referred to?

If we need support with your treatment programme you may be referred to the following:

- Women's health physiotherapists
- Independent nurse
- Community nurse
- Your GP
- Bowel function service

How long will my appointment take?

- The first appointment will take about 1 hour.
- Follow-up appointments will either be face-to-face or by phone. They take about 30 minutes.
- We run a phone clinic with the specialist nurse. Appointments last 15 minutes.

We always aim to keep to time. Sometimes appointments take a little longer for those with complex problems.

What do I need to do?

Please give us plenty of notice if you cannot attend or no longer want your appointment. We can then offer your appointment to someone else.

Let us know before your appointment if you have any needs such as equipment/ hoist. We can then arrange this for you.

If you do not come to your appointment and do not let us know, we will not offer you a further appointment, until your GP refers you to clinic again.

If 2 appointments are cancelled, we may discharge you from the clinic.

If you arrive more than 20 minutes late for your appointment, we will not be able to see you as it will delay other patient's appointments. You will be asked to rebook your appointment.

For information about appointment times or to cancel your appointment, please contact the Clinic Co-ordinator on **0116 258 4061**.

More information and support

If you wish to know more about the service that we offer, call the Clinic on **0116 258 4061**. They will be happy to speak to you. We work Monday to Friday.

The Bladder & Bowel Community is a charity. It offers help and support:

website: www.bladderandbowel.org/ email: help@bladderandbowel.org



How we use your personal information

To assess the severity and progress of your condition we need to ask and record detailed and sensitive information. This personal information is kept securely and confidentially under the requirement of the Data Protection Act 1998. We only share this information with other health professionals with your permission.

اگر آپ کو یہ معلومات کسی اور زبان میں درکار ہیں، تو براہ کرم مندرجہ ذیل نمبر پر ٹیلی فون کریں۔
على هذه المعلومات بلغة أخرى، الرجاء الاتصال على رقم الهاتف الذي يظهر في الأسفل
જો તમને અન્ય ભાષામાં આ માહિતી જોઈતી હોય, તો નીચે આપેલ નંબર પર કૃપા કરી ટેલિફોન કરો

ਜੇ ਤੁਸੀਂ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿੱਚ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਹੇਠਾਂ ਦਿੱਤੇ ਗਏ ਨੰਬਰ 'ਤੇ ਟੈਲੀਫੋਨ ਕਰੋ।
Aby uzyskać informacje w innym języku, proszę zadzwonić pod podany niżej numer telefonu

If you would like this information in another language or format such as EasyRead or Braille, please telephone 0116 250 2959 or email uhl-tr.equalitymailbox@nhs.net