

## Continenence Assessment Clinic - Patient Leaflet

### What do I need to do before my appointment?

To help decide the most suitable treatment for you please complete the following:-

- Symptom Profile
- The bladder record chart for four days measured in millilitres

### What should I bring with me to my appointment?

Please bring the following with you:-

- Your completed fluid chart
- A list of any tablets you are taking

### What will happen at my first appointment?

You will be asked about the following:-

- Your general health medical and surgical history
- What tablets you are taking
- How your bladder/bowel problem affects your everyday life
- What you have to eat and drink each day

### Will I have a physical examination?

Your permission may be asked to do a physical examination of your genital area. This is to see if you have any problems with your skin or muscles that might affect your bladder/bowel condition. If you would like to have a chaperone or interpreter please bring someone with you. However, if you wish **us** to book a chaperone or interpreter please let us know.

You may also be asked to produce a specimen of urine.

### What happens to the chart I have completed?

The chart you have completed will be discussed with you at your appointment. Your health care professional will decide the most suitable treatment for you at this stage.

### What happens next?

An appropriate care pathway will be suggested.  
You may be invited back for further appointments to review your progress.