

Patient information

Having a healthy bladder (Easy read version)

Contact the Continence Service:

The Royal London Hospital
020 3594 2684

Whipps Cross University Hospital
020 8539 5522, ext 5509

Newham University Hospital
020 7476 4000, bleep 274



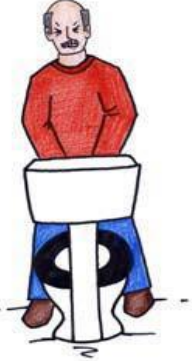

Tower Hamlets Community Continence Service (Mile End Hospital)
020 7771 5795








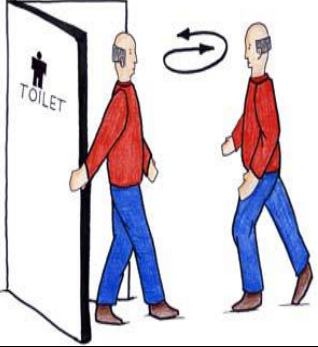
Dos and Don'ts

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|  Four glasses of water, one slightly taller than the others, arranged in a row. | <p>Drink 1½ - 2 litres of fluid a day, but avoid caffeinated drinks like tea and coffee.</p> |
|  A collection of various fizzy drinks in bottles and cans, including brands like Pepsi, Fanta, and Sprite. | <p>Avoid fizzy drinks.</p> |
|  A close-up of a person's feet standing on a silver kitchen scale, with the dial showing a weight of approximately 100. | <p>Control your weight.</p> |
|  A vibrant assortment of fresh fruits and vegetables, including tomatoes, peppers, grapes, and an avocado. | <p>Eat food that is good for you.</p> |
|  A cartoon illustration of two people, a man and a woman, exercising. The man is lifting weights, and the woman is running. | <p>Take regular exercise at least five days a week.</p> |

See your doctor if

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| Urgency  | You suddenly need a wee and find it difficult to keep it in. |
| Nocturia  | You wake up and need a wee more than once a night. |
| Straining  | You feel you need to wee but find it difficult to get any wee out. |
| Hesitancy  | You feel you need to wee but have to wait before you start or the feeling goes away. |

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| Incontinence  | Your wee comes out when you do not want it to. |
| Infection and haematuria  | It hurts when you wee. Your wee looks or smells different. |
| Reduced flow  | Only a little trickle of wee comes out. |
| Intermittent flow  | You need to wee but find a little comes out, then it stops and starts - and stops. |

| | |
|--|---|
| <p>Post-micturition dribble</p>  | <p>When you have finished weeing and pull your clothes up, a little more wee might come out and wet them.</p> |
| <p>Frequency</p>  | <p>You need to wee more than eight times a day.</p> |

Large print and other languages

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. For more information, speak to your clinical team.

এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

Na żądanie te informacje mogą zostać udostępnione w innych formatach, takich jak zapis większą czcionką lub łatwą do czytania, a także w innych językach. Aby uzyskać więcej informacji, porozmawiaj ze swoim zespołem specjalistów.

Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

پر رڈٹ بڑا یا آسان مین پڑھنے کے لیے جیسا ہے، سکتی جاکی دست تیاہ میں فارمیٹس متبادل معلومات یہ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔

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Patient Advice and Liaison Service (PALS)

Please contact us if you need general information or advice about Trust services:

www.bartshealth.nhs.uk/pals

Barts Charity

Barts Charity is the dedicated charity for all of the hospitals of Barts Health NHS Trust.

Please visit bartscharity.org.uk, call 020 7618 1720 or email appeals@bartscharity.org.uk to see the ways you can get involved.

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All our patient information leaflets are reviewed every three years.