

Incontinence in Women

(When wee comes out when you do not want it to)



There are lots of different types of 'incontinence'.

The three most common types are:



1. Stress Urinary Incontinence

This is when you wee a little when you cough, sneeze, lift something, or exercise.



2. Urgency Incontinence

This is when you really need to go to the toilet but your wee comes out before you get there.



3. Overactive Bladder Syndrome

This is when you wee often throughout the day and night.



We make every effort to make sure the information is correct (right).

However, we cannot be responsible for any actions as a result of using this information.



To Find Out About Your Incontinence Your Doctor Will Ask Some Questions, for Example:



How often do you pee?



When do you pee?



Does an activity like walking make you pee?



Do you use pads?



Do you have to change your clothes?



Do you stop having drinks to try and stop peeing?



How many times do you wee during the day?



How many times do you wee during the night?



The doctor may ask you to keep a diary for 3 days to note:



- How often you pee



- The amount and type of drinks you drink



- How much you pee



- How often you have to change your pad or clothes



- How it is affecting you being with friends



- If it is affecting your sex life

Questionnaire	
Very often	<input type="checkbox"/>
often	<input type="checkbox"/>
sometimes	<input checked="" type="checkbox"/>
Rarely	<input type="checkbox"/>
Never	<input type="checkbox"/>

Your doctor may ask you questions from a special questionnaire.

This will help him/her understand more about your incontinence.

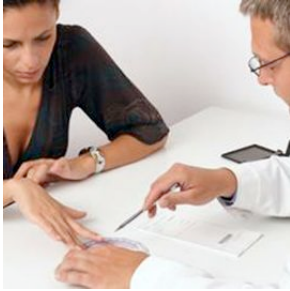


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What Advice Might the Doctor Give You?



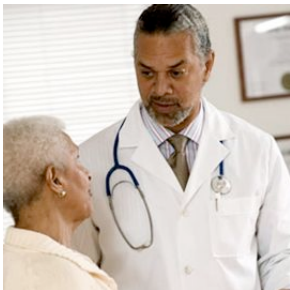
If you are overweight (your doctor will work this out by looking at a number called a BMI).

If the number is too high, your doctor may talk to you about losing weight



If you are drinking too much or too little - the doctor will advise you how much to drink.

The suggested amount each day is 6-8 glasses of any drink.



The doctor may also advise you on:

- getting more fit
- having a poo regularly and
- if you are a smoker, how to stop.



If you are a woman, the doctor might ask you to do 'pelvic floor exercises'

This is to make your pelvic muscles stronger.

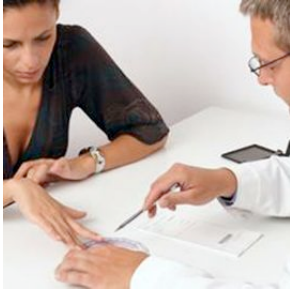


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Different Tests:

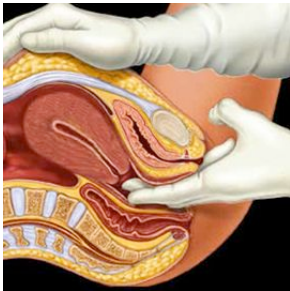


Your doctor will work out what kind of incontinence you have from the answers you give him or her.



Your doctor may ask you to wee into a little cup

The doctor will then use a paper dipstick to check your wee is healthy.



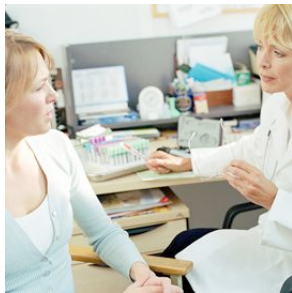
Your doctor/nurse may need to feel inside your vagina.

They will ask you to lie on the bed with your pants off and your legs open.

He or she will then place a finger inside your vagina to check how your pelvis is.



Your doctor might ask you to see a different type of doctor called a Urologist or a Uro-gynaecologist.



A Urologist is a health professional who knows more about wee or 'urine' problems.



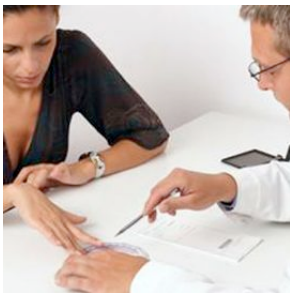
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Other Things That Can Help:



There are special pads to soak up your pee.



A local health professional can advise you on which ones might be best for you.



You could use these pads while you are waiting to find out about your incontinence or have some treatment.

They might be good to use if you find it hard to move around.



Do not use tampons for incontinence. They will not work.



There are special things that you can use inside your body to help you stop peeing but they can only used at certain times.



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What Else Might the Leakage Be for Women?



- It could be fluid from your vagina



- It could be from sweating



- It could be liquid from your baby (if you are pregnant).



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If You Would Like More Information:



The Continence Foundation is a UK not-for-profit organisation that gives advice and information.

Helpline (on which you can speak to a specialist nurse):
0845 345 0165 (9.30 a.m.-1.00 p.m., Mon-Fri).

www.continence-foundation.org.uk



Incontact (Action on Incontinence) is a not-for-profit organisation providing information and support for people with bladder and bowel incontinence problems through its publications, website and local groups.

Tel: 0870 770 3246.

www.incontact.org



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The Foundation for People with Learning Disabilities paid for this leaflet to be made.



The medical information was provided by PRODIGY.

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