

#weareNHFT

NORTHAMPTONSHIRE CONTINENCE ADVISORY SERVICE

For people
with a GP within
Northamptonshire



01604 678162



ncas.services@nhs.net



nhft.nhs.uk/continence



**MAKING A
DIFFERENCE
FOR YOU,
WITH YOU**

WHAT DO THE CONTINENCE ADVISORY SERVICE DO?

- Assess people with both bladder and bowel problems and identify strategies to help treat and contain incontinence
- Provide clinics at a number of locations across Northamptonshire
- Provide a confidential service that works with individuals, health care professionals and members of the public
- Provide an information resource for the general public and health care professionals
- Provide information on a range of continence products and how to obtain them
- Help manage bladder/bowel symptoms which are affecting your daily life.

AIM OF THE SERVICE

Our Continence Advisory Service is a specialist nurse-led team providing quality assessment, treatment and management of bladder and bowel problems for adults of all ages. We are not a diagnostic service. We would advise that if you experience a change in bladder or bowel habit you seek advice from your GP service as a range of samples tests/investigations may need to be undertaken.



KEY FACTS ABOUT INCONTINENCE

- Incontinence is a loss of bladder or bowel control that causes you to pass urine or faeces when you do not mean to
- This can range from a small 'dribble' now and then to large floods of urine or a complete bowel movement
- It is estimated that 3 million people in the UK are regularly incontinent
- It is possible that this number is higher as many people don't tell anyone about their problem
- Incontinence is often preventable and treatable
- Anyone can experience incontinence, although it is more common in older people
- It affects far more women than men and is thought to occur in 1 in 5 women over the age of 40
- Many people think it is an inevitable part of ageing but there are several forms of treatment available.

HOW TO ACCESS THE SERVICE

People can refer themselves to the Continence Advisory Service or anyone may refer on their behalf.

A nurse from the service will contact you to gain information regarding your referral.

Please contact the team on 01604 678162 if an appointment needs to be rearranged. Due to service demand this may prolong assessment/reassessment by up to 13 weeks.

Other organisations include -
Bladder & Bowel Foundation
General enquiries: 01926 357220



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www.nhft.nhs.uk



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Northamptonshire
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nhft.nhs.uk/continence

Inspected and rated

Good



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If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লফিলটেট যদি আপনার অন্য কোনো ফরম্যাটে

বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করুন

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli się skrajutę norite gauti kitu formatu ar kalba, kreipkitės į PALS: 0800 917 8504

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub języku,

prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.