



## Children and young people can have continence problems too!

Over 20 million people in the UK have a bladder and/or bowel problem. They can affect anyone of any age, including children and young people. Bladder and bowel (continence) problems in childhood are medical problems that can and should be treated.



For more advice and support, contact our confidential helpline on 0161 214 4591 or email us at [bbuk@disabledliving.co.uk](mailto:bbuk@disabledliving.co.uk)

### What are the most common problems for children and young people?

- Constipation: difficulty passing poo
- Soiling: leakage of poo into the underwear
- Day time wetting: leakage of urine (wee) during the day
- Bedwetting: leakage of urine during sleep
- Delayed toilet training

### What other bladder and bowel problems can affect children and young people?

- Very occasionally children are born with conditions that affect their bladder and/or bowel
- Accident or illness may cause problems with bladder and bowel control
- Inflammatory bowel diseases can affect children e.g. Crohn's and ulcerative colitis
- Irritable bowel syndrome

### Is there treatment for bladder and bowel issues in children and young people?

Treatment and help is available for all bladder and bowel conditions that children and young people experience. This should be offered as soon as the problem is noticed.

### How do I get help for a child or young person with a bladder and/or bowel issue?

Speak to the child or young person's GP or other healthcare professional e.g. their health visitor or school nurse.

### Is help available anywhere else?

There is information on the Bladder & Bowel website at: [www.bbuk.org.uk](http://www.bbuk.org.uk)

### Information for children with bladder and/or bowel conditions can be accessed here:

<https://www.bbuk.org.uk/children-young-people/children-resources/>.