

Talk About

Bladder and bowel issues for adults and children

6th edition

Bumper book review special edition

Travelling with bladder and bowel conditions

Jessica's stoma story: Living with chronic constipation from birth

Taboo no more? Getting people talking

Bladder care for new mothers



Bladder & Bowel UK

Supporting people with bladder and bowel problems

part of Disabled Living

Bladder & Bowel UK are part of Disabled Living. Registered Charity No: 224742

www.bbuk.org.uk bbuk@disabledliving.co.uk 0161 214 4591

Do you leak when you laugh, cough, sneeze or exercise?

Contrelle® Activgard

Bladder support for women

Maybe you have been experiencing symptoms for some time and you're not quite sure what to do about it or you're too embarrassed to talk about it.

You are not alone.

Bladder leakage affects **1 in 3** women over the age of 18.¹

The great news is – there is a solution.

Contrelle® Activgard - a simple device to reduce or stop bladder leaks rather than absorbing them like pads.

Contrelle® is **SUPER-SOFT**, easy-to-use and discreet. Inserted and removed like a tampon, though works very differently. When the bladder is under pressure Contrelle® provides support to the bladder neck and urethra, the way your pelvic floor is supposed to, keeping you protected, dry and in control.

You can wear it for up to 16 hours a day, or just during exercise. There is no need to remove Contrelle during the day, even when going to the toilet.



"I am so excited that I can feel comfortable exercising, dancing, sneezing, or just laughing. I can play with my kids without having to worry about embarrassing bladder leaks. It's life changing - one where you don't need to carry a change of clothes everywhere you go – just in case."



of women became completely dry by using Contrelle.^{2,3}

Ready to try Contrelle® yourself?

CONTRELLE® is available in three sizes (SIZE 1, 2 or 3). Just purchase a **SIZING KIT (€7.50)** that contains all three so you can find the most effective and comfortable internal fit for you. Once you know your size, Contrelle® is available in a **5 PACK (€18.75)** and **30 PACK (€90)**.



20% DISCOUNT

Take advantage of our 20% DISCOUNT.* Visit **www.contrelle.com** and at the checkout enter the discount code **BB1**.

*Offer valid until 30.9.21

MKT-0004-08 July 2021

Want to talk in confidence about your issues?

Call our FREE HELPLINE for advice on **0330 229 2160**, or email **info@contrelle.com**

References:

1. Hunskaar S, Lose G, Sykes D, Voss S. BJU Int. 2004 Feb;93(3):324-30. 2. Sander P, Thyssen H, Lose G, Andersen JT. Obstet Gynecol. 1999 Mar;93(3):407-11. 3. Thyssen HH, Lose G. Int Urogynecol J Pelvic Floor Dysfunct. 1997;8(3):130-2

Welcome to 'Talk About'



Welcome to the 6th edition of Talk About. We're delighted to be back with another issue of our newsletter, packed full of information, practical advice and tips and stories.

When we began Talk About, we knew we wanted to give advice to empower people managing bladder and bowel conditions. Not only this, we wanted to give people access to a community of people, and to combat the feelings of isolation and arise from these conditions.

Bladder and bowel conditions are increasingly becoming part of the national health conversation, which we love to see. With celebrities like Ulrika Jonsson, Dr Emily Andre and Keith Duffy (see our campaign with Keith in this issue) speaking out about incontinence, for example, there is more awareness of some of the issues.

Whatever the condition, we know that suffering alone is for many people amongst the worse part of a bladder and bowel condition. There is no need to feel like this. Beyond support from organisations like Bladder & Bowel UK, there more and more places to find information (see our book reviews for adults and children in this issue) and small but committed communities of people who are leading the way providing social and emotional support. There is a long way to go, but we are delighted to see these changes occurring.

The Bladder & Bowel UK team would love to continue hearing from you with suggestions of helpful content. You may also want to share your own story. Please do get in touch.

We thank you all for supporting us at Bladder & Bowel UK. Keep safe and well .

Karen Irwin
Specialist Nurse and Bladder & Bowel UK Service Manager

What's inside?

No more taboo: Getting people talking about bladder health.....	4
Raising awareness of bedwetting with Bladder & Bowel UK and Keith Duffy.....	5
Book special: Reviews of helpful books for adults and children.....	7
Jessica's stoma story: Dealing with chronic constipation from birth.....	11
Travelling with bladder and bowel conditions: A guide.....	13
Helping provide bladder and bowel care for new mothers	18

No more taboo: Getting people talking about bladder health



A new study has shown that urinary incontinence is still considered taboo for lots of people, and that this is even stopping people from seeking help. Where does this taboo come from, and what is being done to break down stigmas and offer support?

Urinary incontinence is a subject that can make some people feel uncomfortable – and this can prevent the timely treatment of a condition that affects millions of people in the UK. A new study from the European Association of Urology has shown that incontinence is still a taboo subject. What's more, respondents to the study – 3,029 men and women of eighteen years and older in the United Kingdom (UK), France, Germany, Italy, and the Netherlands – indicated that only a third of people who experience loss of urine seek medical help.

The study revealed some common misconceptions about urinary incontinence. Many respondents thought that it was a much rarer occurrence than it is, while 35% of respondents in the UK who have urinary incontinence are not seeking specialist help because they expect the condition to improve by itself.

In fact, with the right treatment options, most cases of urinary incontinence can be treated or cured.

Prof. Christopher Chapple, Secretary General of the EAU, explains: "Many people suffer from incontinence and recent studies confirm that it is increasingly affecting the quality of life. Luckily, there are different possibilities ranging from pads to surgery. There's absolutely no need for shame. So don't take it for granted. Talk about it with a professional and see what the best solution for you is."

Bladder & Bowel UK are constantly working to advise the public on matters of bladder health, and crucially, inform people how common urinary incontinence is. There are more and more campaigns and projects to demystify and destigmatise incontinence and urological health. By raising awareness about different types of urinary incontinence and their causes, treatments and prevention, we want people to feel more confident about their bladder and bowel health – and to know there is plenty of help, support and empathy out there.

Raising awareness of bedwetting with Bladder & Bowel UK and Keith Duffy



World Bedwetting Day was introduced in 2015 to raise awareness of enuresis as a treatable medical condition. However, at Bladder & Bowel UK we are aware that bedwetting affects children, young people and families throughout the year. That is why we have worked on a campaign this autumn to highlight the issues as children return to school.

Bedwetting is a largely hidden problem for thousands of children and families. At Bladder & Bowel UK we are regularly told on our helpline about the distress, anxiety, and difficulties in sleeping away from home that bedwetting causes. We also know that for many children who wet the bed, the problem is not that they sleep too deeply, but that their brain is not able to wake them up when the bladder needs to empty and this disturbs their sleep causing tiredness the next day.

It is important to understand that bedwetting is not due to naughtiness or laziness. It does not happen because the child or family have done anything wrong. Bedwetting is a medical condition that is caused by a difficulty reducing urine production at night, or a difficulty with the bladder's ability to hold onto the urine produced at night, or both. These, together with not being able to wake up to go to the toilet when the bladder signals, result in bedwetting.

Although these facts are now well known, there are still lots of myths about bedwetting. Many people assume that is largely a psychological problem that is caused by stress. While stress can make bedwetting worse and is sometimes the trigger, for many children who have enuresis (the medical name for bedwetting) any stress is the result of the wet nights, not the cause and many do not have any other anxieties.



The Bladder & Bowel UK survey undertaken for the campaign discovered that a fifth of parents felt uncomfortable talking to their child about the issue.

- Davina Richardson, children's specialist nurse



Unfortunately, families are still sometimes told that bedwetting is normal and that treatment cannot be offered until children are at least seven years old. Others are told that it will get better on its own with time. While that does sometimes happen, this is more likely to be the case for children who are not wet very often. Those who are wet most or every night are less likely to grow out of it and for some it can continue to teenage years and even into adulthood.

However, treatment can be offered from the age of five and simple lifestyle changes may be helpful for children younger than this. There is information about the causes, lifestyle changes that may help and treatments for bedwetting on the **Bladder & Bowel UK website**.

Bladder & Bowel UK were delighted when Keith Duffy, singer from Boyzone and actor, spoke out about his experiences of wetting the bed as a child. Our specialist children's nurse described the privilege of joining Keith on some radio interviews and live for television on GB News. Keith also spoke on the subject during the ITN lunchtime news on 14th September and the reach of the campaign was extended by a live feature with Bladder & Bowel UK on Jeremy Vine's Radio Two show on 15th September.

Bladder & Bowel UK will continue to work on raising awareness of the causes and treatments for enuresis and provide advice and signposting via our helpline and web-based information for families at www.bbuk.org.uk/bladder-resources/, our involvement with World Bedwetting Day and with similar campaigns to the one this autumn.

The Bladder & Bowel UK survey undertaken for the campaign discovered that a fifth of parents felt uncomfortable talking to their child about the issue. Bladder & Bowel UK are working hard to try to reduce the taboos and embarrassment that many feel talking about bladder and bowel health issues. So, if child, young person or adult you know is affected by bedwetting then do let them know that assessment and treatment is available from their healthcare professional. In many areas there are specialist clinics for those affected.

There is lots of information about bladder and bowel conditions in children on the Bladder & Bowel UK website (www.bbuk.org.uk) on the Children Resources page at: www.bbuk.org.uk/children-young-people/children-resources/

Join the Bladder & Bowel community on social media



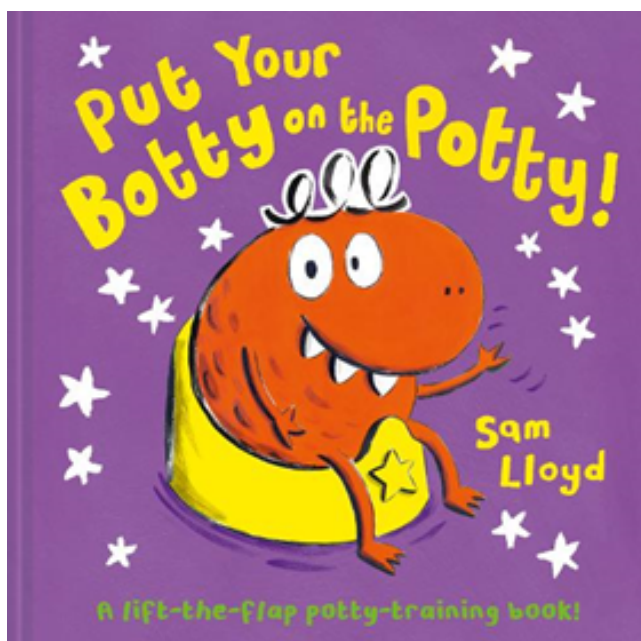
Book special: Reviews of helpful books for adults and children



Bladder and bowel problems can cause anxiety and distress - and can be difficult to talk about. Luckily, there are authors out there who are committed to sharing stories, information and advice that not only help us manage our conditions, but also feel part of a helpful community.

Books for children

Put Your Botty on the Potty, Pavilion Books



This picture book was created by children's illustrator Sam Lloyd to help with potty training. By following the character of Little Moo Monster, it covers potty training in full detail, looking at

everything from getting on the potty, using toilet paper, washing hands after, having patience and eventually getting grown up pants.

This book features lift flaps and great illustrations. It's fun while still maintaining a great message of encouragement for any child going through the process of potty training.

You can find the book [here](#).

Superheroes LOVE Potty Time!, Imagine That Publishing Ltd

Do superheroes poo on the moon or on the potty? Do they wear their pants on their heads? This toilet training book helps children to learn by giving them options to choose from, as they lift the flaps and choose the right answer to help the superheroes on their toilet adventures.



Written by Amber Lily and with illustrations by Kasia Dudziuk, this book is good for children at the start of their potty training journey, allowing them to learn about toilet training in an interactive way.

You can find the book [here](#).

Meet Our Crohn's and Colitis Cats, Crohn's & Colitis UK

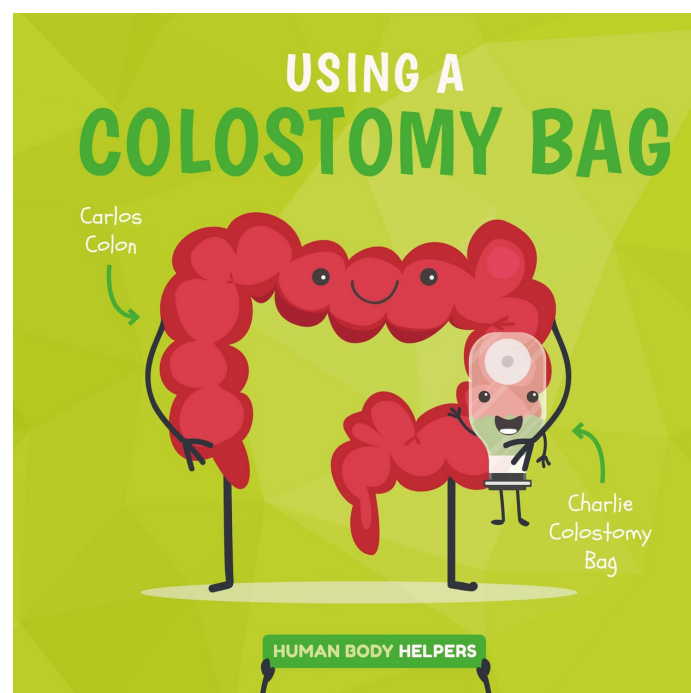


This book has been produced by the Crohn's and Colitis charity for children aged 7-11 to understand more about the condition, whether for themselves or loved ones. The book explores invisible disabilities by representing the conditions as pet cats. They can be bigger and more difficult, or smaller and easier to deal with.

This simple idea is a great way to explain invisible illness and explores a possibly sensitive issue in a fun and friendly way. The illustrations and story concepts were created by Thomas Wolfe, an illustrator, author and father living with Crohn's Disease.

You can download a pdf copy for free on the Crohn's and Colitis website [here](#) or you can watch an animated version at the link [here](#).

Human Body Helpers: Using a Colostomy Bag, BookLife Publishing



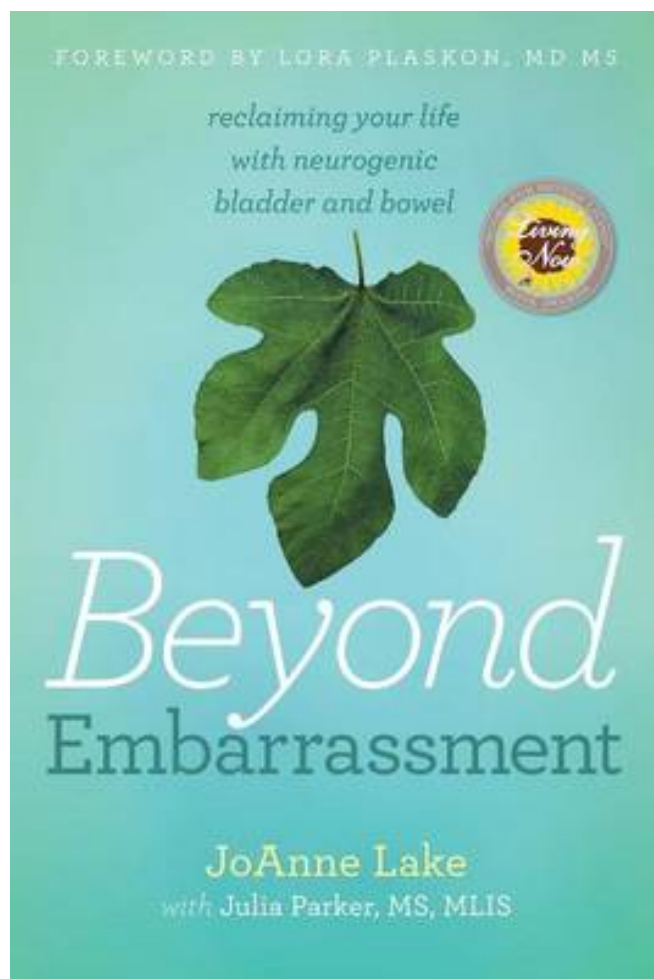
Human Body Helpers is a series of books designed to help children understand the equipment that we might need to help us with illness, injuries or disabilities. The aim here is to support adults in talking to their child about their stoma, and explaining how it works. It is aimed at a reading age level of 5 to 7 years.

The book, from author Harriet Brundle and designer Danielle Rippengill, gives an explanation of what a colostomy bag is, and why the child or someone they know might need one, in a fun and informative way.

You can find the book [here](#).

Books for adults

Beyond Embarrassment: Reclaiming Your Life with Neurogenic Bladder and Bowel,
Triumph Media Press



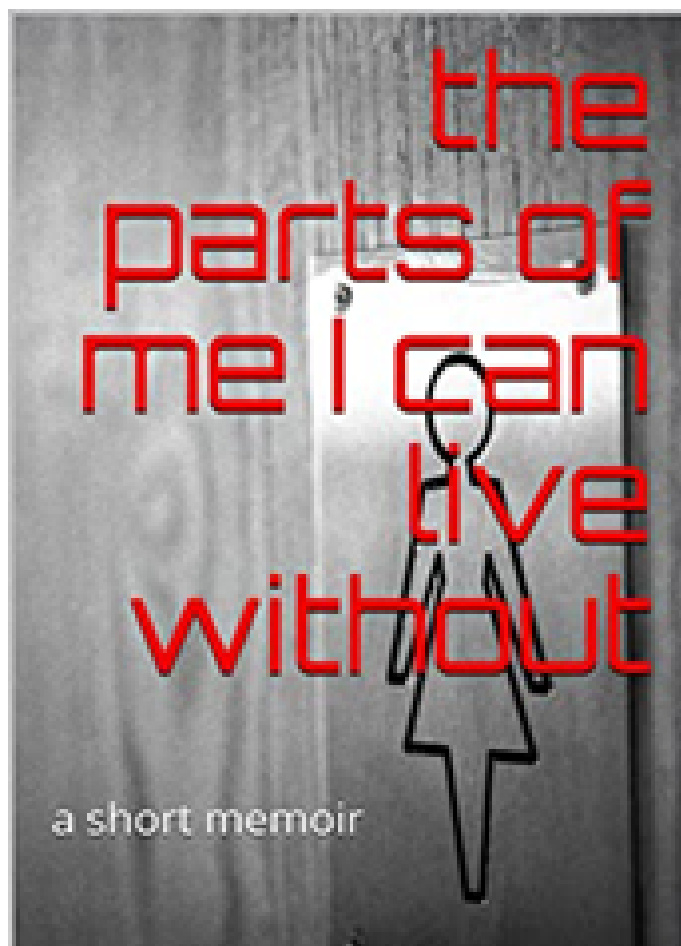
This is the first book from American writer JoAnne Lake who is seeking to educate others about her life with neurogenic bladder disease.

She discusses the issues that people with the condition face, and she talks through strategies for dealing with medical challenges as well as the anxiety that can come with everyday tasks and her tips for overcoming those fears.

You can find the book [here](#).

The Parts of Me I Can Live Without: A Short Memoir

This book by Nicky Johnson is a short autobiographical story of a woman's journey with bladder cancer. At just 59 pages it could easily be a one sitting read.



A personal account written with warmth and honesty, *The Parts of Me I Can Live Without* highlights the writer's battle with cancer and surgery as well as her life as a mother, daughter and granddaughter in the UK.

It is written honestly, and in a reflective, thought provoking and light hearted way.

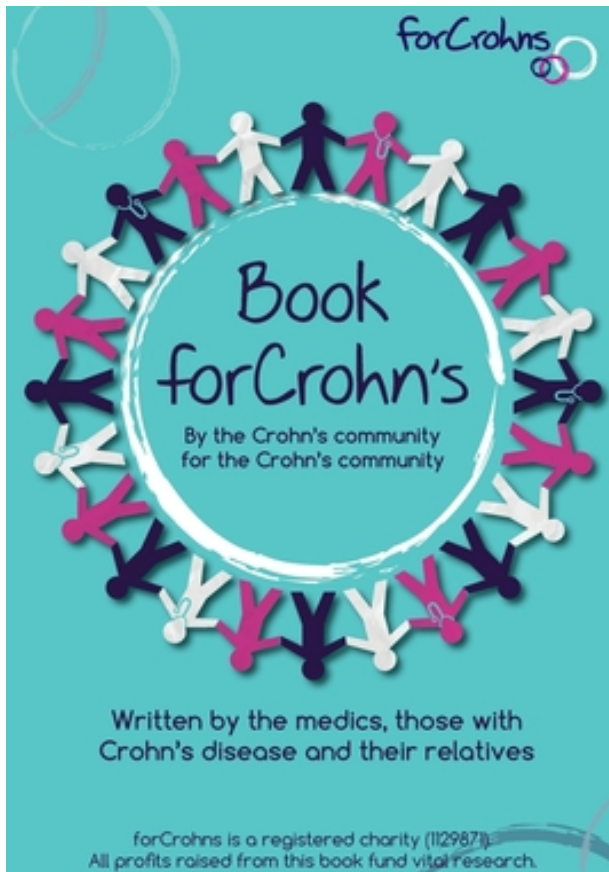
Find the book [here](#).

100 Questions and Answers About Bladder Cancer, Jones & Bartlett Learning

Also recommended by Cancer Research UK, this book answers the most common questions asked by people with bladder cancer, their friends and relatives. It provides information about the treatment options, life after treatment and support. While it is an American book, it is still useful to UK readers. It is readily available in the UK second hand.

You can find the book [here](#).

Book for Crohn's: Written by the Crohn's Community for the Crohn's Community, forCrohn's



Book for Crohn's has been produced and edited by the UK charity forCrohn's, bringing together contributions from a wide range of medical professionals and patients.

Each chapter begins with a medical professional, (including a gastroenterologist, surgeon, dietician, psychologist, IBD nurse) introducing the topic in plainly and is then followed by real life, personal accounts written by those with Crohn's. It concludes with tips from the professionals and from the patients themselves.

Topics covered include: diagnosis, medical treatments, everyday life, diet, surgery, the psychological impact of Crohn's disease, having children when you have Crohn's, having relationships, managing working life. There is also a section devoted to the experience of the family and loved ones of people with Crohn's disease.

You can find the book [here](#).

Bladder & Bowel UK

National Confidential Helpline

Information and signposting to anyone affected by a bladder or bowel problem. Individuals, their families, carers or clinicians may contact our helpline.

www.bbuk.org.uk



bbuk@disabledliving.co.uk



0161 214 4591



Bladder & Bowel UK

Supporting people with bladder and bowel problems

part of Disabled Living

Jessica's stoma story: Dealing with chronic constipation from birth



Six-year-old Jessica has suffered from chronic constipation since birth. In 2018, she had a colostomy stoma formed, and developed diversion colitis. Jessica's mum, Kim, tells us all about her journey with Apple - the name she has for her stoma.

Jessica Dowle was born in September 2014. She was 3 weeks early and weighed 6lb 11oz. Jessica was taken home the next day but still hadn't passed meconium and didn't until 4 days old. However, the midwives were not concerned.

After Jessica finally passed the meconium, she suffered with constipation daily and was in so much pain and discomfort. The GP referred her to Alderhey Children's Hospital for a rectal biopsy for Hirschsprung's disease, which luckily was negative.

But Jessica still suffered daily. She has had medication and enemas her whole life, and at the age of two she got put on bowel washout (Qufora Mini System) which her parents have done at home for nearly two years. She has also had anal fissures removed and botox into her sphincter muscle which was effective for about 1-2 weeks. But then she was in pain again.

In August 2018, her doctors decided a colostomy stoma would help Jessica and give her body a break from pain. So on 8th November 2018, two months after her fourth birthday, Jessica had her stoma formed. She was so brave and handled it so well, even giving it the nickname 'Apple'. She was back in school three weeks after her surgery

She accepted her stoma pretty much straight away, but then she started suffering pain again in her rectum which ended up with an admission to hospital. Jessica was giving suppositories, pain medication and enemas.

This pain and mucus flared up every few weeks and in May 2019 she was rushed to theatre. It was here that she was diagnosed with diversion colitis, a painful complication from having a stoma.

“

Jessica also raises awareness via social media on her Jessica's Stoma Journey Facebook page where she helps children and parents who are living or getting a stoma to build confidence and acceptance.

”

- Kim, Jessica's mum

Things still weren't great in August 2019. Jessica's stoma narrowed inside, meaning she would need a refashion of her stoma which she had done in November 2019. It was another big operation, and it took her two months to recover from it at home. Jessica then had a great six months with only little flare ups of pain. However, in September 2020, she had a big flare up again and continued having pain and inflammation. She is currently undergoing tests and is now on picosulfate, Movicol and short chain fatty acid.

Whilst Jessica has been going through all this, she still smiles and doesn't let her condition get her down. She also fundraises for a bear named Buttony and all the bears Jessica sponsors go to Alderhey Children's Hospital. Jessica also raises awareness via social media on her Jessica's Stoma Journey Facebook page where she helps children and parents who are living or getting a stoma to build confidence and acceptance.



If you would like to keep up to date with Jessica's journey, and follow her on Facebook, visit: www.facebook.com/jessicasstomajourney/

Wellspect are winners of Look Good, Feel Good Award 2021

The Look Good, Feel Good Award is a joint initiative of Bladder & Bowel UK and the Association for Continence Advice. The winning product from this year's award was the **LoFric Elle Intermittent Catheter from Wellspect.**

The judges all commented on and loved the discretion of the style, colour and packaging. They felt that the innovative handle on the product would help women who have co-ordination and dexterity problems and may allow some to undertake an intimate procedure independently for the first time. They were impressed that sustainability had been considered. Some of the Bladder & Bowel UK team were able to welcome representatives from Wellspect to present them with their well-deserved award. It was lovely to meet up in person, after such a long hiatus of 'virtual only' meetings.

- Karen Irwin, Bladder & Bowel UK Service Manager and specialist nurse



Travelling with bladder and bowel conditions: A guide



Travelling does not necessarily need to be more difficult for someone who has a bladder and/or bowel condition or incontinence. However, it may take more planning and preparation to make it as straight forward as possible. This in-depth guide looks at what can be done to help.

General suggestions

Contact the airline or travel company to discuss your individual needs and how they may be able to meet these before booking/travelling.

Think about what you will need to carry with you and have any supplies you need for the journey easily available. This may include medication that you need to take on the journey, continence products such as urinals, pads or catheters, cleaning materials including wipes and bags for disposal. You may wish to have these in a separate small bag. Make sure that you have spares with you in case you get delayed.

Carry hand sanitiser and wet wipes with you, so that you can still clean yourself and your hands if you are unable to reach a sink and soap. If you plan to change your routines or any products that you usually use while away, try these out before you go, to make sure they work for you.

Accessing the toilet

If you need to use the toilet frequently or urgently, or have mobility issues, and are flying or travelling by train or coach, try to book a seat near the toilet and on the aisle. You could use a small disposable continence pad inside close fitting underwear if you have concerned about possible leaks if you are unable to get to the toilet quickly enough.



If you are travelling abroad obtain a medical validation or travel certificate from your catheter provider. This will explain in different languages why you are carrying catheters. It also has a section asking officials to be discrete.



If you are using your own car and have sufficient privacy or if you are travelling somewhere with limited access to a toilet you could consider using a urinal. These are available for all genders and can be used discretely in your seat. If you chose one with a lid it can be emptied into a toilet later. Special absorbent powders are available that change urine into a semi-solid gel that is still fully flushable. These will reduce the risk of splashes and spills.

There are a wide range of urinals available both to purchase and on prescription. There is more information in the [Bladder & Bowel UK leaflet here](#).

If possible, research where the toilets are on your journey and at places you will visit before you leave home. There are some useful websites to help you locate toilets in the UK including [Loocations](#), [The Great British Toilet Map](#) and [Changing Places](#), which are accessible toilets with full size changing tables and hoists. Apps to find toilets include Flush, The Toilet Finder, The Toilet Map and Toilets 4 London.

Many disabled toilets require a RADAR key to unlock them. These are available to purchase at a number of online retailers. Bladder & Bowel UK provide a free 'Just Can't Wait' card that is widely recognised and may allow increased access to toilets. To order one [complete the web form](#) and send a stamped addressed envelope to Burrows House, JCWC, 10 Priestley Road, Worsley M28 2LY.

Clothing

When you are travelling consider wearing clothing that is comfortable and easy to rearrange. Elastic waists, and drop front pants (ones that have poppers or Velcro on the side seams) can be easier to manage. Dark coloured clothing reduces visibility of any leaks and loose clothing is easier to remove and to change.

Consider having a spare set of clothes and some wet wipes in a plastic bag in your hand luggage or travel bag, in case you need to change when travelling.

Disposable Continence Products

If you are worried about leakage when you are travelling, you could consider using a seat protector on the journey. Both washable and disposable seat protector pads are available to purchase. You may also be able to purchase a more absorbent version of your usual product to use on the journey.

Many disposable products are quite bulky and can take up a lot of your suitcase. You may be able to use smaller products, that take up less space, or pack them in a vacuum bag to reduce the space they need. Washable products take up less space and may be an option for those that can manage to launder these while away. Men could consider using a sheath with a leg bag for urinary incontinence.

If you purchase your products, the company you buy them from may be able to deliver the products to your holiday destination, or you may be able to send a supply ahead yourself. However, it is a good idea to take some with you, in case there is a problem and they are delayed or do not arrive.

Climate can affect continence products. High humidity or damp environments may reduce the absorbency of disposable continence products. High temperatures can affect adhesive tapes, such as those on some continence products and ones used to secure sheaths.

Catheters

If you use an indwelling catheter and are going on a long journey, you may wish to use a larger drainage bag, to reduce the frequency with which it will need emptying. If you are going to be sitting for a long period of time, make sure that there are no kinks in your catheter or drainage bag tubing.

If you use clean intermittent catheterisation you may be able to use a catheter with an integral drainage bag, or you could use a portable urinal to hold the urine until you can access a toilet. If you have any concerns about managing on the journey or while away, talk to your healthcare professional. They may be able to make some suggestions that would help you.

If you are travelling abroad obtain a medical validation or travel certificate from your catheter provider. This will explain in different languages why you are carrying catheters. It also has a section asking officials to be discrete.

If you are travelling in a country with poor water quality (places where you are advised not to drink the tap water), use bottled or cooled boiled water or consider asking your healthcare professional if you can have ready-to-use hydrophilic catheters to use while you are away.

Antibacterial wipes will allow you to make sure that any surfaces you use for your equipment are clean. Hand sanitiser will allow you to clean your hands prior to catheterising if you have difficulty finding clean water and soap. Your healthcare professional should be able to discuss safe options that would be appropriate for you.



“

If possible, research where the toilets are on your journey and at places you will visit before you leave home.

”

Transanal irrigation

You should follow your healthcare professional's advice if you are using transanal irrigation. However, you may be able to adjust the timing of your irrigation, so that you can have a bowel motion before you leave home and not need another until after you have reached your destination.

If you are in a country with poor water quality (places where you are advised not to drink tap water), then use bottled or cooled boiled water for your irrigation. You may be able to warm this to the correct temperature, by placing the bottled water into a basin of warm water for a few minutes before using it. It is important to check the temperature of the water is correct before you use it.

Drinking when travelling

While it is tempting to restrict your fluid intake when travelling this can cause dehydration and increase the likelihood of urinary tract infections and constipation.

Concentrated urine can also irritate the bladder lining, which may trigger urgency or wetting. It is important to drink plenty of water-based drinks to prevent these.

Drinks containing caffeine (tea, coffee, hot chocolate, cola and many energy drinks), fizzy drinks and alcohol can all increase urine production and may also irritate the bladder lining triggering urgency.

Traveling with bowel issues

Travelling can upset your normal body functions, including digestion. Try to stick to your usual diet routines to avoid feeling bloated, nauseous or uncomfortable. Try to move around as much as you can when during your journey, as this will help both your digestion and your circulation.

If you are worried about having a bowel motion while travelling, discuss with your healthcare professional whether it would be possible for you to have an enema or suppository a few hours before the journey.

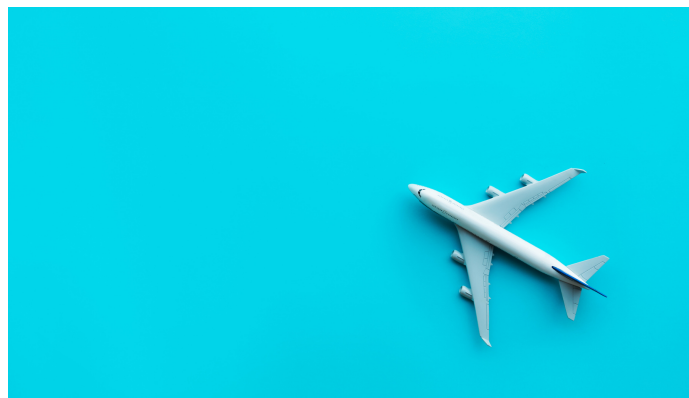
Special considerations if you are flying

Let the airline know when booking and at least 48 hours before your departure if you need extra support at the airport or during your flight, or if you need to carry medication or other medical supplies. You do have a right to have support to move around the plane, including to get to the toilets if you have a sensory, physical or learning disability. However, you must fly with a companion if you need help with using the toilet.

If you use medication, continence products, sheaths, catheters, or bowel irrigation, then make sure you have some in your hand luggage in case your main luggage is lost or delayed. You could also divide your products between your luggage and that of a travelling companion.

If you need to carry more than 100mls of liquid medication or other liquids for medical reasons, you must check what is allowed with your airline before you fly. You will probably need a letter from your doctor explaining what any medicines and medical supplies are for and you will need to declare them at security.

Airlines exempt some equipment from luggage restrictions. Consider contacting the airline to see if continence products are exempt from restrictions if you are going away for more than a few days and need extra luggage space.



Try to use the toilet at the airport prior to boarding the plane and try to use the toilet on the plane prior to landing. This will help if you are delayed with taking off or landing. If you use an indwelling catheter, empty your catheter bag before the flight.

Consider completing a travel certificate before you leave home. This explains your condition and any supplies that you need to carry through security. It will also outline that you need extra privacy. You can ask to have any searches done in a private area at the airport. Contact your transport operator before you travel if you are worried about luggage or body searches and possible exposure of your continence products. You can also ask to be allowed to board the flight early to ensure you have time to get settled with everything you may need during your flight easily accessible to you.

There is lots of information about bladder and bowel conditions in adults on the Bladder & Bowel UK website (www.bbuk.org.uk) on the Adults Resources page at: <https://www.bbuk.org.uk/adults/adults-resources/>

Bladder & Bowel UK also offer a free confidential helpline for anyone affected by bladder and bowel issues. Contact us via our web form at: www.bbuk.org.uk/helpline-enquiries.

The Direct&ry

SUPPLIERS YOU CAN TRUST



PRODUCTS AND
SERVICES FOR
INDEPENDENT
LIVING

- CONTINENCE PRODUCTS
- EQUIPMENT
- TRAVEL
- FUNDING
- MOBILITY
- SERVICES
- AND MUCH MORE



[www.supplierdirectory.
disabledliving.co.uk](http://www.supplierdirectory.disabledliving.co.uk)



Disabled Living
Practical solutions supporting disabled adults, children & older people

Helping provide bladder and bowel care for new mothers



Recent guidance from the Royal College of Nursing, suggests that bladder and bowel care in childbirth and beyond should be high on healthcare professionals' agenda. This article by Karen Irwin, Specialist Nurse and Bladder & Bowel UK Service Manager, originally appeared as part the Urology Awareness Week supplement in the Guardian.

Research shows that one in three women experience urinary incontinence in the first year after having a baby and up to three quarters of these continue to experience this 12 years after giving birth. A further one in ten 10 women develop bowel incontinence and another one in twelve 12 develops pelvic organ prolapse.

Healthcare professionals should be able to open conversations sensitively, enquire about and knowledgeably explore bladder and bowel symptoms, enabling women to access the right treatment and management.

Improving access to care

Some areas still lack NHS provision. However, the NHS Long Term Plan is committed to improve prevention, identification and treatment of pelvic floor dysfunction, so pregnant women and new mothers will receive preventative care and treatment for incontinence and pelvic floor issues.

“

The draft guidance encourages women to exercise their pelvic floor muscles throughout life to help prevent pelvic floor dysfunction.

Karen Irwin, Specialist Nurse and Bladder & Bowel UK Service Manager

”

eau

**UROLOGY
WEEK 2021**

New NHS pelvic health clinics will be established at pilot sites with plans, following initial trials, for services to be expanded and made available across the country by March 2024.

Additionally, the National Institute for Health and Care Excellence (NICE) are working to produce guidance on the prevention, assessment and management of pelvic floor dysfunction, with publication due in December.

The draft guidance encourages women to exercise their pelvic floor muscles throughout life to help prevent pelvic floor dysfunction. Programmes should be supervised by a qualified healthcare professional, who can tailor exercises to the individual and monitor progress.



Women should be encouraged to seek early help for bladder and bowel symptoms. They should not put up with or self-manage any issues that arise.

Karen Irwin, Specialist Nurse and Bladder & Bowel UK Service Manager



Speak to your healthcare professional

Many women who contact Bladder & Bowel UK helpline services, have not discussed their continence issue with anyone, often because of embarrassment or not knowing where to seek help. We encourage them to speak to their healthcare professional as most bladder and bowel issues are treatable.

We all need to be able to talk more openly about our bladder and bowel and to understand what is normal, how to prevent issues and importantly, what to do if we have concerns. Women should be encouraged, to seek early help for bladder and bowel symptoms. They should not put up with or self-manage any issues that arise.

Urology Week is an initiative of the European Association of Urology that aims to create awareness of urological conditions among the general public. This year's theme is incontinence. Urology Week ran between 20-24 September. Please visit www.urologyweek.org for more information.

When you need to go

Access to extra
loos when
you're out and
about

Get yours: www.bbuk.org.uk



bbuk@disabledliving.co.uk



0161 214 4591

Bladder & Bowel UK, Part of Disabled Living, Registered Charity No: 224742

JUST CAN'T WAIT

**I have a medical condition and I need to
access the toilet urgently.**

TOILET ACCESS CARD



Bladder & Bowel UK
Supporting people with bladder and bowel problems

Shop Online with Bladder & Bowel UK Equipment and Products to Make Life Easier



**OVER 250,000
ITEMS IN STOCK!**

Speak to continence specialists
for free impartial help
and advice on:
0161 214 4591

Offering you choice from a wide range of manufacturers including mobility aids, daily living products, and continence suppliers together with telecare and telehealth equipment.

www.bbuk.org.uk/online-shop

Tel: 0161 214 4591



Bladder & Bowel UK

Supporting people with bladder and bowel problems

part of Disabled Living

in partnership with



Disabled LIVING

THIS IS WHO WE ARE AND WHAT WE DO....

DISABLED LIVING

A charity which provides impartial information and advice about products, equipment (assistive technology) and services for disabled children, adults, older people, carers and the professionals who support them. We have a range of services which you can access via our helpline, through the website or at our Kidz to Adultz exhibitions.

www.disabledliving.co.uk

EQUIPZ

The team comprises occupational therapists, trusted assessors, moving and handling specialists, physiotherapists, nurses and continence specialists. We respond to enquiries via our helpline and website. Some people opt to visit the Disabled Living Centre based in Manchester for a free equipment assessment.

Helpline: 0161 214 4590

BLADDER & BOWEL UK

The team provide information and advice for children, young people and adults with bladder and bowel problems. We provide a confidential helpline managed by a team of specialist nurses and knowledgeable information staff. In addition, the website offers a wide range of downloadable free resources.

Helpline: 0161 214 4591

www.bbuk.org.uk

KIDZ TO ADULTZ EXHIBITIONS

We organise the largest FREE UK exhibitions totally dedicated to disabled children, young adults, their families, carers and the professionals who support them, with over 100 exhibitors at each event. We currently deliver 5 events nationally in Coventry, Farnborough, Newport, Edinburgh and Manchester.

www.kidzexhibitions.co.uk

TRAINING

We run a comprehensive training programme for professionals and carers. Most of our courses are accredited by Open Awards and others provide CPD opportunities. Our training courses can be 'tailor made' to suit your organisations requirements and can be delivered throughout the UK.

www.disabledliving.co.uk/training



Kidz to Adultz Magazine Issue 14 - Out Now!



We have introduced you to all of Disabled Living's services.

We also publish the Kidz to Adultz Magazine which is full of interesting articles to support children and young adults with disabilities and additional needs.

We would like to hear from you if you have an article we can publish to support children and young adults with bladder and bowel problems.

Web: www.kidzexhibitions.co.uk

Tel: 0161 214 4592

Email: info@disabledliving.co.uk

[CLICK HERE TO READ THE LATEST ISSUE](#)

Issue 14 out now!

It's showtime!

Save the dates for our future events...



NORTH

NEW DATE! NEW VENUE!

Wednesday 17th November 2021
ACC Liverpool, Liverpool

MIDDLE

NEW DATE!

Thursday 17th March 2022
Ricoh Arena, Coventry

SOUTH

NEW DATE!

Tuesday 17th May 2022
Farnborough International Exhibition
& Conference Centre, Farnborough

WALES & WEST

NEW DATE! NEW VENUE!

Thursday 7th July 2022
The International Convention Centre
(ICC), Newport

SCOTLAND

NEW DATE! WE'RE BACK!
(HELD EVERY 3 YEARS)

Thursday 8th September 2022
Royal Highland Centre, Edinburgh