

You can ask questions anytime.

The clinic team is here to support you!

Remember, it will take work but the effort will help you gain confidence and reach the goals that are important to you.

### **Referral to the Continence Clinic**

You are the only one who knows you are incontinent. The first step is to tell your doctor.

Your family doctor or specialist can refer you to the continence clinic. You can also be referred by the community nurse or clinic if they notify your GP.

### **If you have questions ...**

Please call the clinic. The nurse continence advisor will be happy to speak with you.

# **Continence Clinic**

## **Continence Clinic**

Jim Pattison Outpatient Care  
and Surgery Centre  
9750 140<sup>th</sup> Street  
Surrey, BC  
V3T 0G9

Phone Number: 604-582-4550  
(Ask for the Continence Clinic)



## What is incontinence?

Incontinence is when you accidentally leak urine or stool. You cannot control or stop the leaking.

### For example, do you ever...

- Leak urine or stool when you laugh, sneeze, or cough?
- Have to rush to the toilet when you feel the urge?
- Get up more than 2 times in the night to go to the toilet?
- Have trouble getting started and pee a small amount?
- Diarrhea or constipation?

### You are not alone!

Many people have incontinence. It is not just part of aging!

- One out of ten men leaks urine or stool.
- One out of four women leaks urine or stool.

Incontinence is upsetting. It can stop you from doing things you enjoy in life.

You may find it difficult to tell someone you leak urine or stool, even your doctor.

## The Continence Clinic

The continence clinic has a nurse continence advisor and physiotherapists who have special training. They help people improve their incontinence or stop the leaking completely.

### The first visit.

- Your first visit will take an hour and a half.
- Before your first visit you will get a voiding diary. Please fill it in at home and bring it with you.

- Bring a list of all the medications you take at home.
- The nurse will do a physical exam and ask you questions. Your answers will help the nurse plan your treatment.
- You may see a physiotherapist at the clinic who will also do an assessment and give you exercises or therapy to strengthen your pelvic muscles (muscles that hold your bladder and bowel in place).

## What can you expect?

You may visit the clinic several times over the next few months.

The nurse and physiotherapist will ask you about your progress. They may make changes to your treatment plan from time to time.