

Directory of Leaflets available for clients with Bowel Dysfunction



Calderdale Healthcare

NHS Trust

Fittleworth

committed to caring and cutting out the fuss

Produced by Fittleworth, an independent supplier of all prescribable ostomy items,
who may be contacted on 0800 378 846

Compiled by...

This directory has been compiled by
Tracey Adams
from Calderdale NHS Trust
It was originally produced for the Bowel Continence Course
at St Mark's.

I would like to express my thanks to Chris Norton, Sonia
Chelvanayagam and other course members who have
assisted in the completion and revision of this directory.

I am sure that this is still not a complete directory. If you
have any further additions, please contact

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Royal Halifax Infirmary
Free School Lane
Halifax, HX1 2YP

Tel 01422345911 ext 214
Fax 01422 321087

e-mail stomacare@calderdale.freeseve.co.uk

It is hoped that the directory will be a useful document for
nurses working in the field.

If you would like a copy please contact me at the above
address or call Fittleworth Medical on 0800 378 846.



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Leaflets available from St Mark's Hospital

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Sources of Information on Healthy Eating

The Digestive Disorders Foundation

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Other Sources of Information

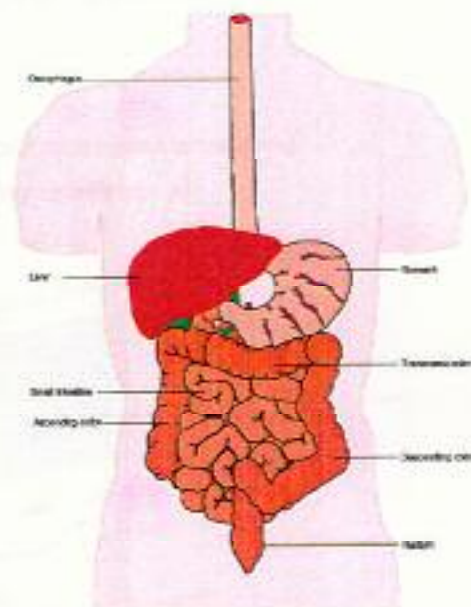
Associated Support Groups

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Leaflets available from St. Mark's Hospital

Sphincter exercises for people with bowel control problems

Holding on with urge incontinence

Advice on skin care for people with bowel problems

Tips on controlling wind and smells

The St Mark's antigrade colonic enema leaflet

Anterior sphincter repair operation

Information about Aloe Vera

Anal fistula operation - Your questions answered

Moderating your fibre intake

Your haemorrhoid operation - Your questions answered

Available from the continence advisor at

St. Mark's Hospital
020 8235 4167



Other Leaflets include...

Bowel control

Available from the Continence Foundation
0207 831 9831

Pelvic floor exercises for clients with bowel dysfunction

Available from the Colorectal nurses at the Royal Halifax
Infirmary
01422 345911 ext 214 or 216

Bowel management

Available from the Spinal Injuries Association
0208 444 2121

Childhood soiling - A guide for parents

Available from ERIC
0117 960 3060

IBS Helpful information for patients

Available from The Continence Promotion Unit
Bath & West Community NHS Trust
01225 831766

Your Baby, Your Bladder and Your Bowels

Available from The Continence Promotion Unit (see above)



Sources of Information on Healthy Eating

The balance of good health

Available from Health Education Authority and Health
Promotion Units

Help to improve your inner health

Available from Kelloggs

Healthy eating

Available from The Ministry of Agriculture

Diet tips for patients

Available from The Sugar Bureau

Give me five

Available from The British Dietetic Association
Newsletter on diet nutrition and cancer
Available from World Cancer Research Fund

Guide to the gut

Available from Yakult UK Ltd
12-16 Telford Way
London
W3 7XS



The Digestive Disorders Foundation

Bleeding from the back passage

Bowel Cancer

Coeliac Disease

Constipation in Adults

Constipation in Children

Diarrhoea

Diverticular Disease

Dumping Syndrome

Fibre in your diet

Gallstones

Gilberts Syndrome

Heartburn and Hiatus Hernia

Helicobacter Pylori

Indigestion

Irritable Bowel Syndrome

Lactose intolerance

Looking after your insides

Maintaining bowel control

Polyps in the bowel

Traveller's diarrhoea

Ulcerative Colitis and Crohn's Disease

Ulcers

Windy symptoms

Available from The Digestive Disorders Foundation Up to 20
copies £2.50

3 St Andrew's Place
London, NW1 4LB

020 7486 0341

www.digestivedisorders.org.uk



Sources of Product Information

Cavilon Non-sting barrier film

Available from

3M House
Morley Street,
Loughborough, LE11 1EP
01509 613171

Coloplast Anal Plug

For samples telephone 0800 220622

Promocon

Choosing products for bladder and bowel control

A guide to buying the most suitable products to fit your lifestyle

The National Standing Exhibition & Information Centre for Continence Products

Available from

Helen White, Disabled Living
St Chad's Street
Manchester, M8 8QA
or
RICA
24 Highbury Crescent
London, N5 1RX
0161 832 3678



Mail Order

Mail Order Catalogues for Continence Products

Kylie Care Shop 01204 384858

Slater Street
Bolton, BL1 2HP

Respond Plus 0800 220300

7 Gauntley Court
Ward Street
Nottingham, NG7 1BR

Park House 01924 441881

Blackburn Road
Birstall
Batley, WF17 9PL



Leaflets, Videos and Audio Cassettes

There are a range of leaflets, videos and audio cassettes available for a variety of colorectal conditions, which may affect bowel function. These may be obtained from the following organisations and support groups.

The National Association For Colitis and Crohn's Disease

4 Beaumont House
Sutton Road
St Albans
Herts, AL 5HN
01727 844296
www.nacc.org.uk

The Ileostomy and Internal Pouch Support Group

PO Box 132
Scunthorpe, DN15 9YW
01724 720150
www.ileostomypouch.demon.co.uk

Colon Cancer Concern

Infoline 0171 381 4711
www.coloncancer.org.uk

BACUP

Have a complete range of booklets about cancer and its treatment

3 Bath Place
Rivington Street
London, EC2A 3JR
Infoline Freephone 0800 800 1234
www.cancerbacup.org.uk



Other Sources of Information

The Continence Foundation

307 Hatton Square
16 Baldwins Gardens
London, EC1N 7RJ
Helpline 0207 831 9831
e-mail continence.foundation@dial.pipex.com

ERIC

34 Old School House
Britannia Road
Kinswood
Bristol, BS15 8DB
0117 960 3060

IBS Network

Patient information leaflets and fact sheet
0114 2611531
Northern General Hospital
Sheffield
SF5 7AU
Helpline for patients 02089 949874
Mon, Wed, Fri 6pm-9pm

INCONTACT

United House
North Road
London, N7 9DP
e-mail edu@incontact.demon.co.uk
www.incontact.demon.co.uk

Other Sources of Information

International Foundation for Functional Gastrointestinal Disorders (IFFGD)

Po Box 17864
Milwaukee
Wisconsin
WI 53217
USA

Royal Association for Disability and Rehabilitation (RADAR)

Provide keys (£2.50 each) for disabled toilets round the country and a handbook listing all the sites.

12 City Forum
250 City Road
London
EC1V 8AF
020 7250 3222



Associated Support Groups

Spinal Injuries Association

76 St James Lane
London
N10 3DF
020 8444 2121
Helpline 0800 980 0501
www.spinal.co.uk
email sia@spinal.co.uk

Multiple Sclerosis Society

M5 National Centre
371 Edgware Road
London
NW2 6ND
020 8438 0700
Helpline 0808 800 8000
www.mssociety.org.uk
email info@mssociety.org.uk

Association for Spina Bifida

209 Crescent Road
Barnet
London
EN4 8SB
0208 449 0475
www.asbah.demon.co.uk
email postmaster@asbah.demon.co.uk

Alzheimer's Disease Society

Gordon House
10 Greencoat Place
London
SW1P 1PH
020 7306 0605
www.alzheimers.org.uk
email info@alzheimers.org.uk

Associated Support Groups

Age Concern

Age Concern England
Astrell House
1268 London Road
London
SW16 4ER
020 8765 7200
Infoline 0800 009966
www.ace.org.uk
email infodep@ace.org.uk

Help the Aged

16-18 St James Walk
Clerkenwell Green
London
EC1R 0BE
020 7253 0253
www.helptheaged.org.uk
email info@helptheaged.org.uk

Parkinson's Disease Society

National Helpline 0808 800 0303

The Stroke Association

Stroke House
123-127 Whitecross Street
London
EC1Y 8JJ
020 7566 0300
www.stroke.org.uk
email stroke@stroke.org.uk



Drug Company Literature

Smithkline Beecham

Smithkline Beecham offer a range of leaflets and videos about Inflammatory Bowel Diseases

Mundells
Welwyn Garden City
AL7 1EY
0800 100 2228

Norgine Ltd

Advice on IBS - Booklets and tapes

Moorhall Road
Harefield
Middlesex
UB9 6NS
0800 269865

Reckitt & Coleman Products Ltd

Produce overheads and slides on constipation and a booklet on Understanding IBS

01302 751111

Zeneca

Sponsor the publication of some Digestive Disorders leaflets

Kings Court
Water Lane
Wilmslow
SK9 5AZ
0800 262728



Drug Company Literature

Companies manufacturing stoma products supply patient information leaflets to professionals free of charge

Braun B
0800 163007

Clinimed
0800 585125

Coloplast
0800 220622

ConvaTec
0800 282254

Ferring
01753 214800

Hollister
0800 592202

Salts
0800 214603



Useful Books

Let's get things moving. Overcoming Constipation

Pauline Chiarelli, Sue Markwell

Neen Health Books
Old Pharmacy Yard
Church Street
East Dereham
Norfolk
01362 698966



Irritable Bowel Syndrome

Dr Kate Elland

Neen Health Books (as above)

Bowel Control. Information and Practical Advice

Christine Norton, Michael Kamm

Available from Beaconsfield Publishers £5.95
01494 672118

Understanding your Bowels

Dr Ken Heaton

British Medical Association
Family Doctor Publications
Available from Pharmacies £2.49

Neurogenic Bowel Management in Adults with Spinal Cord Injury

Practice Guidelines

Paralysed Veterans of America
801 Eighteenth Street West
Washington DC 20006
USA

Keeping Control. Understanding and Overcoming Faecal Incontinence

Marvin Schuster, Jaqueline Wehmueller

John Hopkins University Press
ISBN 0-8018-4916-0 £10.50

Useful Books

No more IBS

Marion Stewart, Alan Stewart

ISBN 0-09181-5932

Published by Vermillion

Understanding your Irritable bowel

Dr David Silk

Available from IBS Research Dept B19

Central Middlesex Hospital

P.O.Box 18

Crowborough

East Sussex

TN6 1ZY



Internet sites

Age Concern

www.ace.org.uk

Alzheimer's Disease Society

www.alzheimers.org.uk

Association of Coloproctology of Great Britain and Ireland

www.asgbi.org.uk

Association of Continence Advisors - A.C.A

www.aca.uk.com

Association for Spina Bifida

www.asbah.demon.co.uk

BACUP

www.cancerbacup.org.uk

British Society of Gastroenterology

www.mds.qmw.ac.uk/gisru/gipa.html

Colon Cancer Concern

www.coloncancer.org.uk

Continence Foundation

www.vois.org.uk/cf

Digestive Disorders Foundation

www.digestivedisorders.org.uk

Help the Aged

www.helptheaged.org.uk

Ileostomy and Internal Pouch Support Group

www.ileostomypouch.demon.co.uk



Internet sites

INCONTACT

www.incontact.demon.co.uk

Multiple Sclerosis Society

www.mssociety.org.uk

National Association For Colitis and Crohn's Disease

www.nacc.org.uk

Royal College of Nursing

www.rcn.org.uk

Spinal Injuries Assodation

www.spinal.co.uk

Stroke Association

www.stroke.org.uk



Ideas for Networking

The Association of Coloproctology of Great Britain and Ireland

The Royal College of Surgeons of England
35-43 Lincoln's Inn Fields,
London WC2A 3PN
Tel 0207 973 0307
Fax 0207 430 9235
www.asgbi.org.uk

Association of Continence Advisors - A.C.A

Now have a special interest bowel focus group

Winchester House
Kennington Park
Cranmer Road
London SW9 6EJ
Tel 020 7820 8113
Fax 020 7820 0442
email info@aca.ue.com
www.aca.uk.com

British Society of Gastroenterology

3 St Andrews Place
Regents Park
London
NW 4LB
020 7387 3534
www.mds.qmw.ac.uk/gisru/gipa.html

Royal College of Nursing

Gastroenterology and Stoma Care Forum
Enrolment code 1143
Continence Forum
Enrolment code 2110

RCN
20 Cavendish Square
London
W1M 0AB
020 7409 3333
www.rcn.org.uk



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Medical Limited

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and cutting out the fuss*

*Produced by Fittleworth, an
independent supplier of all
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