

USING A HOME DELIVERY SERVICE

Many people find they prefer to use a home delivery service to obtain their continence products as this avoids numerous trips to the chemist to bring back lots of boxes and is far more confidential.

How do they work?

Salts Medilink™ is a Free 24 Hour Home Delivery Service for all makes of continence products on prescription. This service delivers any products direct to your door within 24 hours of receiving a prescription.

All you need to do is:

1. Obtain a prescription from your GP.
2. Post your prescription in the FREEPOST envelope provided. (FREEPOST envelopes are given to you with every delivery.)

Your products will then be delivered to your home as any other parcel, by a courier in plain boxes.

For urgent supplies, you can simply telephone Salts Medilink™ on FREEPHONE 0800 626388 (Ireland 1-800-408508) and your products will be sent straight away. You then post your prescription as soon as possible.

If you decide you would like to use a home delivery service call Salts Medilink™ on **FREEPHONE 0800 626388 (Ireland 1-800 408508)**.

SALTS
Medilink™
Leaders in Home Delivery

This leaflet has been provided by Salts Medilink as part of their commitment to Customer Care.

For more information and advice please call them on

Freephone 0800 626388
Ireland 1-800 408508

Salts Medilink
available to Irish Lady Customer
by postal subscription only



**CONTINENCE
MADE EASY**

URINARY INCONTINENCE

What is incontinence?

- It is an indication that something has gone wrong with the normal function of the bladder.
- There are different types, and many cases are cured and if not, managed more effectively.
- Any age group may be affected.
- Serious psychological problems may arise if incontinence is not effectively treated.

It is often embarrassing and may interfere with normal lifestyle.

- Early treatment is more successful.
- In many cases cure is obtained.

Causes of incontinence

Stress incontinence

Simple actions like sneezing, coughing or even laughing can lead to leakage of urine from the bladder. This is usually the first indication of stress incontinence.

The muscles of the pelvic floor and those which support the bladder and its outlet (urethra) are weakened.

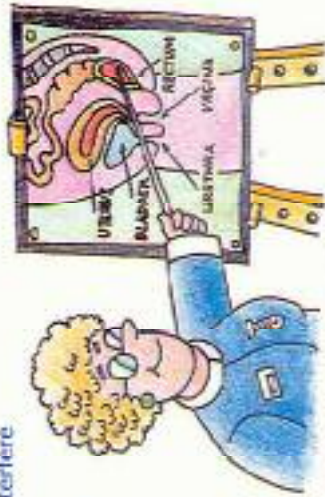
This can happen suddenly eg. after the birth of a baby, or over a long period of wear and tear eg. lifting heavy equipment.

Long term constipation without successful treatment can lead to stress incontinence due to the pressure and stretching of muscles in the pelvic floor.

Some factors may make the stress incontinence worse.

- **Overweight** • **Smoking** • **Constipation**

Men may develop stress incontinence as a complication following a prostate operation.



- **Urgency** - An overwhelming need to pass urine.
- **Frequency** - The number of times in a day urine is passed.
- **Urge incontinence** - Is the involuntary loss of urine (on the way to the toilet).

You may have urgency or urge incontinence if you need to go to the toilet more often than previously.

The cause of urgency or urge incontinence may be an unstable bladder. The reasons for the bladder becoming unstable are many but the most common are, urinary tract infection and emotional situations.

Symptoms can be worse with constipation after taking tea, coffee or coke (caffeine), alcohol and diuretics.



Overflow incontinence

In some people the bladder may not empty completely and there are many reasons for this. The most common causes are obstruction of the urinary pathway, constipation, nerve damage or the ageing process.

When the bladder does not empty properly urine builds up and may lead to overflow. This is often called dribbling incontinence.

You can sometimes find that you have difficulty starting to pass urine, and after the flow stops there may be a feeling that the bladder is not completely empty. The stream of urine is also slower.



Mixed incontinence

This results in a mixture of stress incontinence and urge incontinence. It may occur at any age but is more common in older age groups.

The problem is aggravated by immobility, coughing and surgery to the lower abdomen. If you develop a condition which leads to severe illness or unconsciousness it may make the incontinence worse.

Mixed incontinence is usually a long standing problem, complicated by other health factors such as those already mentioned.



URINARY AND BOWEL INCONTINENCE

- **Assessment**

It is important that your problem is assessed correctly. Incontinence does not have to become a life-changing predicament.

- **Specialist Help**

Throughout the country there are doctors and nurses who can advise and help with the solving of your problems.

- **Community Help**

Your GP will be able to put you in touch with the district nurse and physiotherapists who will be able to offer help.

- **Continence Advisor**

These are qualified nurses who have undergone extended training to specialise in assessing, treating and management of incontinence. Your local Health Centre should have information on where to find the nearest Continence Advisor.

BOWEL INCONTINENCE

Disorders of the Bowel

The bowel is a very successful organ and is designed for continence. If incontinence occurs, it has severe repercussions for the sufferer, carer and family.



DIARRHOEA

This is a term given to an increase in the bowel movements. The extremes are, slight increase in the activity (3-4 times per day) to watery motions (often 1/2 hourly or more).

Causes of Diarrhoea:-

Infection in the bowel

Disease of the bowel eg: Crohns disease

Change of water and/or diet

Diverticular disease (varies from diarrhoea to constipation)

Anxiety eg: job interview

Overflow from chronic constipation

Very young children and the frail elderly are particularly vulnerable when diarrhoea is present. The fluid lost in persistent diarrhoea can be very damaging and cause dehydration. Medical help should be sought as soon as possible.

HANDY HINTS TO PREVENT DIARRHOEA

- Wipe bottom from front to back
- Wash hands after using the toilet
- Eat a balanced diet
- Drink enough fluids each day ie: 2-3 pints per day

CONSTIPATION

This is a term used when there is a decrease in bowel movement. This ranges from:

Slightly hard to pass a motion - to - bowel blockage.

The following are some causes of constipation:

- Lack of adequate fluids
- Decreased mobility
- Severe illness
- Lack of bowel routine
- Insufficient time to allow bowel to act
- Lack of privacy eg: some schools and hospitals
- Incorrect height of toilet
- Surgery
- Side effects of certain drugs eg: some analgesics
- Haemorrhoids
- Chronic use of laxatives/enemas



PREVENTION OF CONSTIPATION

- Eat a balanced diet
- Drink an extra cup of water first thing in the morning (You can become slightly dehydrated during the night)
- Do not use laxatives for long term constipation unless directed by your GP
- Do not use colonic washouts/enemas regularly (Can cause damage to the bowel)
- Ensure privacy whenever possible
- When you feel the urge to open your bowels do not postpone but give yourself time to go
- Do not strain, allow your bowel to work naturally
- If constipation or a change in bowel habit develops without reason, see your GP

Useful Terms

- control of passage of urine or faeces.
- uncontrolled passage of urine or faeces, tube leading from bladder.
- reproductive passage from womb to exterior.
- organ which contains urethra in males.
- passing urine more than 6 times a day.
- the need to pass urine urgently.
- sudden urgent need to pass urine, and inability to wait until the toilet is reached.
- slight leakage between toilet visits.
- being woken up by the need to pass urine during the night.
- hammock like muscles surrounding the bowel, bladder and vagina.
- medication which increases the urinary output.
- bowel motion.

Useful Contacts

- continence
- incontinence
- urethra
- vagina
- penis
- frequency
- urgency
- urge incontinence
- dribbling
- nocturia
- pelvic floor
- diuretic
- faeces

ACA

Winchester House,
Cranmer Road,
London SW9 6EJ
Tel: 020 7820 8113

Incontact National Action for Incontinence

Freepost LON 12119
London NW1 1YU

The Continence Foundation

307 Hatton Square,
16 Baldwin's Gardens,
London EC1N 7RU
Tel: 020 7401 6875
Helpline: 020 7831 9831

ERIC Enuresis Resource and Information Centre

34 Old School House,
Britannia Road,
Kingswood,
Bristol BS15 8DB
Tel: 0117 960 3060

Salts MediLink

(Free 24 Hour Home
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incontinence products)
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