



If you have any English Language difficulties, please ask staff to book an interpreter. From home contact the **free** Telephone Interpreter Services on **03 9605 3056**. Ask staff if this information is available in your preferred language.



The Continence Service is for individuals with bladder and bowel difficulties.

What is incontinence?

Incontinence is the inability to control your bladder or bowel movements. While people may be embarrassed or distressed by this problem, it is important to know that incontinence can often be treated.

Some people may wrongly think leakage of urine (wee) and faeces (poo) is a normal part of ageing but there may be many underlying causes.

One in four Australians are affected by an incontinence problem, but many do not seek help.

A variety of treatment and management strategies have been developed for this important health issue.

We can help you :

- if you get to the toilet too late
- if you go to the toilet several times
- if you get up more than twice overnight
- if you wet the bed
- if you care for a relative or friend who is incontinent
- if you leak when you sneeze or cough
- if you have constipation or difficulty emptying the bowel (poo)
- if you have difficulty emptying the bladder (pee)
- if you have faecal (poo) soiling or loss of gas, liquid, and/or solid stool
- if you have a pelvic organ prolapse (a weakening of the supports of the uterus, vagina, bladder and rectum)

Our team includes:

- Continence physicians
- Continence nurse advisers
- Specialist physiotherapists
- Administrative officers

Cost:

There is a cost for our service, we will explain to you when we call to discuss your treatment plan. In case of financial hardship alternative arrangements can be made.

Our service provides:

- Confidential advice
- Comprehensive assessment
- Home visits (if necessary)
- Individual management plans
- Bowel management
- Pelvic floor muscle rehabilitation
- Catheter education/management
- Specialised investigations
- Advice on continence aids and appliances
- Assistance with applications for funding
- Advice and education
- Carer advice and assistance
- Talks to community groups

Local Government Areas (LGAs) covered:

- Manningham
- Monash
- Knox
- Whitehorse
- Maroondah
- Yarra Ranges

Our locations:

Peter James Centre Cnr Burwood Hwy & Mahoneys Rd Burwood East, 3151 Ph: 9881 1843 Fax: 9881 2439	Yarra Ranges Health 25 Market St Lilydale, 3140 (Cnr Clarke St and Market St) Ph: 8706 9657 Fax: 9091 8899
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How to refer:

The Eastern Health Continence Service is for adults. A GP or specialist referral is preferred.

Referrals can be made via the:

Eastern Health Community Access Unit

Ph: 03 9881 1100 / Fax: 03 9881 1102

Eastern Health
5 Arnold Street, Box Hill, Victoria 3128
Phone: 1300 342 255
Website: www.easternhealth.org.au

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If you have any feedback or suggestions on how to improve this information sheet, please contact brochure.request@easternhealth.org.au

