

Contact us

Continence, Urology and Colorectal Service
St Mary's Hospital
Green Hill Road
Leeds LS12 3QE

Tel: 0113 305 5138
Monday to Friday 8.30am to 4pm

Help us get it right

If you have a complaint, concern, comment or compliment please let us know by speaking to a member of our staff. We learn from your feedback and use the information to improve and develop our services.

If you would like to talk to someone outside the service contact the **Patient Advice and Liaison Service (PALS)** on **0113 220 8585**, Monday to Friday 9.30am to 4.30pm or email lch.pals@nhs.net

We can make this information available in Braille, large print, audio or other languages on request. Please contact us to find out more.

Your pad allowance is detailed below:

per day

per night



Leeds Community Healthcare **NHS**
NHS Trust

Continence, Urology and Colorectal Service

Information for patients and carers

www.leedscommunityhealthcare.nhs.uk

Continence, Urology and Colorectal Service

The Continence, Urology and Colorectal service or CUCS is for anyone 16 years or older with a bladder, bowel or stoma problem or who experiences incontinence.

Your appointment

With your clinic appointment letter you will receive an information pack with a number of forms for you to complete and bring with you to your first appointment.

Other members of staff may be present at your appointment. We will discuss this with you.

If you are attending the clinic because you have a problem with your bladder, please try to arrive on the day of your appointment with a comfortably full bladder. And, if possible, don't use the toilet until you are called through to clinic for your appointment.

What will happen next?

A nurse with specialist training in bladder and bowel care will talk to you so you can both decide the best way we can help.

Bladder and bowel problems are very common and there is no need to be embarrassed.

Simple tests may be necessary to find out what is causing your problem and so we can agree the best possible treatment. We will discuss this with you.

We may need to carry out a physical examination. If you would like to know more about this before your appointment, please contact us.

What might my treatment be?

Your treatment plan will depend on your problem and may include some of these options:

- healthy bladder or bowel advice
- bladder retraining
- pelvic floor exercises
- medication
- product options.

Non-attendance at appointments

If you don't attend your appointment without letting us know beforehand, we may not be able to offer you another appointment. And, we will need to let your GP know.

Who can I contact for more information?

For information and support if you are affected by bladder or bowel problems, see:

www.bladderandbowelfoundation.org

www.nhs.uk/tools/pages/bladder.aspx

www.leedscommunityhealthcare.nhs.uk

or call **NHS 111** for medical help that is less urgent than 999