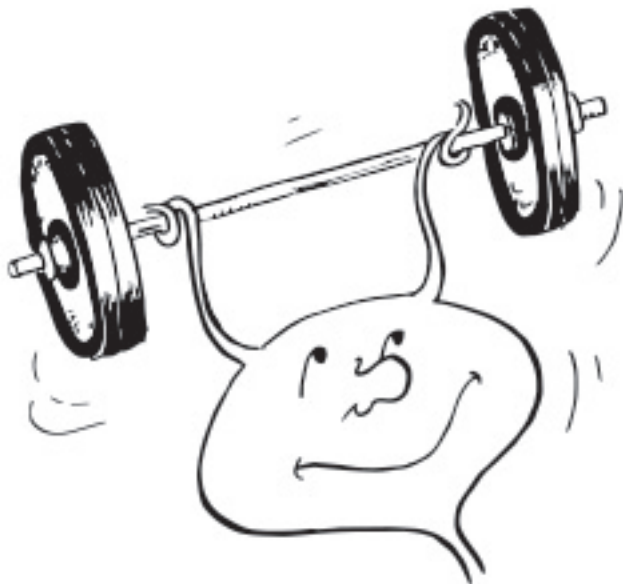


Continence Advisory Service

Community Health Services



Department of Health and Social Care

Rheynn Slaynt as Kiarail y Theay



**Isle of Man
Government**

Reillys Ellan Vannin

What is a Continence Advisor?

A Continence Advisor is a nurse who specialises in promoting healthy bladders and bowels

What does a Continence Advisory Service do?

The Continence Advisor provides care and support through specialist assessment, treatment and management of bladder and bowel problems.

Please note: **You do not need to be incontinent to receive support and advice.**

We also provide education, advice, support and clinical practice development in continence care for carers and healthcare professionals within the wider health community.

Is there anything I can do to help myself?

A booklet called Promoting Healthy Bladders is available from your GP surgery. Alternatively, contact the Continence Advisor who can post you a copy. This contains basic advice and lifestyle information.

How can I contact the Continence Advisor?

Referrals are accepted from any health professional, carer, family member (with your permission) or you can refer yourself either by phone or using the referral form in the booklet.

Continence Advisor Telephone number: **693551**

There is a confidential answer phone attached to this number

What happens after a referral?

You will either receive an appointment to attend one of the clinics held around the Island; or you will be contacted to arrange a home visit if attendance at clinic is difficult. You may also initially be seen in hospital if you require support for discharge.

A questionnaire about your symptoms and/or a bladder diary may be sent for you to complete prior to this appointment.

Where and when are clinics held?

Noble's Hospital (Ladies only)

Womens and Childrens Outpatients Department

Every Friday 2 - 4:30pm

Ramsey and District Cottage Hospital

2nd and last Wednesdays every month 2 - 4pm

Thie Rosien (Old Southlands)

1st and 3rd Tuesdays every month 2 - 4:30pm

Clinics are also held at **Central Community Centre Westmoreland Road** as required

Remember....

Problems can sometimes be cured, frequently improved, always made easier to live with.

This document can be provided in large print
or audio format on request.



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