

For further information about this service contact:

**Children's Services**  
Union Street  
Bedford  
MK40 2SF

Tel: 01234 315847

Email: [ccs.beds.childrens.cct@nhs.net](mailto:ccs.beds.childrens.cct@nhs.net)

**Information and guidance can be found at:**

- ERIC Helpline 0845 370 8008 [www.eric.org.uk](http://www.eric.org.uk)
- Bladder & Bowel UK 0161 607 8200 [www.disabledliving.co.uk](http://www.disabledliving.co.uk)
- NHS Choices [www.nhs.uk](http://www.nhs.uk)
- NICE [www.nice.org.uk/guidance](http://www.nice.org.uk/guidance)

**Continent**



**Confident**



**Carefree**



If you require this information in a different format such as in large print or on audio tape, or in a different language please contact the service on the details above.

If you have any compliments about this service or suggestions for improvements, contact our Patient Advice and Liaison Service on 0300 131 1000 (charges may apply depending on your network) or email: [ccs-tr.pals@nhs.net](mailto:ccs-tr.pals@nhs.net).

For free, confidential health advice and information 24 hours a day, 365 days a year please contact NHS 111.



# Information for parents, children and young people

## Children's Continence Clinic



## Welcome to The Children's Continence Clinic

|                     |                                 |   |
|---------------------|---------------------------------|---|
| You may be seen at: | Union St<br>Bedford<br>MK40 2SF | Child Development<br>Centre<br>Kempston<br>Bedford MK42 7EB |
|---------------------|---------------------------------|---|

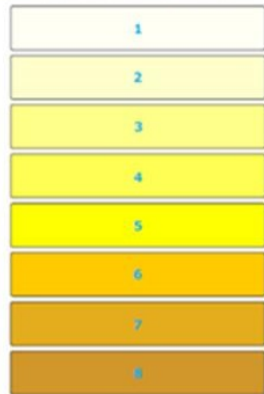
### We Will.....

- Be kind and caring.
- Be happy to talk about wee and poo.
- Help you with your wee and poo problems.
- Give you an appointment and follow up when needed.
- Be on the end of a phone to help you.

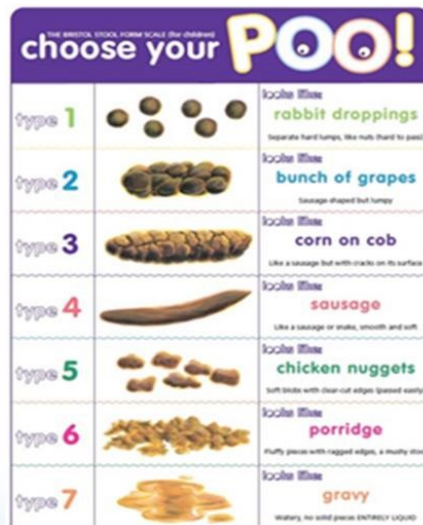
### We Need You To.....

- Attend appointments.
- Follow the Simple Measures advice.
- Fill in any charts you have been given.
- Follow the treatment plan.
- Give medicine if prescribed.

**Healthy Pee is 1 - 3,  
4 - 8 you must hydrate**

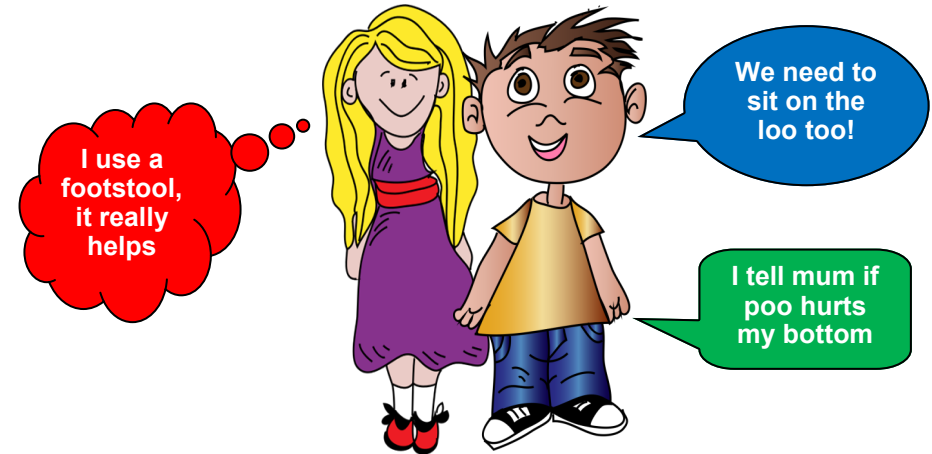


**Know Your Poo -  
What type are you?**



## At our clinic

- We will check your details and ask all about you.
- At the first appointment the nurse or doctor may look at your spine.
- We will check your height and weight.
- The nurse or doctor will need to touch and press your tummy.
- We will talk about your wee and poo difficulties.
- You will have the chance to discuss any worries.
- We will all agree a plan of action and treatment that you are happy with.



**Boys and girls, it takes more than a beat,  
so take a seat, relax, and put up your feet.**

**We are  
to talk**

**happy  
about**

**wee and poo, and want you to be too!**

### Do you drink enough water?

Up to 6 years - 1 Litre

7-11 years - 1.5 litres

12-14 years - 2 Litres

14+ - 3 litres (adults included)

- Drinks should be taken throughout the day including during school hours.
- Avoid fizzy, caffeine, hot chocolate and dark coloured drinks.
- Stop drinks two hours before bedtime.
- Boys - you need to sit on the loo too.
- Two wees before bedtime.
- Use a footstool for good positioning and help empty the bladder and bowel.

**Remember: 6 - 8 cups before 6pm**

- Children should be having a poo most days without pain or strain.
- If poos are hard or painful you should visit the GP to discuss possible constipation.
- If your child is constipated visit your GP to start treatment.
- Constipation should be treated with a Macragol.