



York and Scarborough
Teaching Hospitals
NHS Foundation Trust

Bladder and Bowel Problems- Your Continence Products

Information for patients, relatives and carers

① For more information, please see page 6

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Product Information and Guidance

Very small products e.g. panty liners can be purchased from your chemist or supermarket and are not provided via the NHS.

One to four products are provided to cover 24 hours. The aim is to have appropriate products in the correct size and absorbency to provide protection for the morning, afternoon, evening and overnight.

Some continence products require to be folded lengthways before fitting in place. Ask your nurse to show you how, if needed.

All products should be taken out of the packaging 30 minutes before application. Any sooner than this may affect the absorbency of the product. These should not be stored in a moist environment e.g. bathroom.

Most of the products have a wetness indicator, which changes from blue squares to a blurred line when the pad needs changing. The pad will also feel very heavy, when due for changing, but should not leak. Some continence products require to be held in place by appropriate underwear. Your nurse should inform you which type of pants you may need to buy.

Skin Care

The continence product is designed to absorb urine and turn the urine into a gel inside the pad. The surface of the pad remains dry next to the skin and protects the skin from becoming sore.

If urine is leaking out, then you may not be fitting the product correctly – check the wetness indicator or you may require a higher absorbency product. Ensure products are left out of the packaging for a minimum of 30 minutes before application (no more than 24 hours).

When the pad is changed the skin around the buttocks and groin needs to be washed – warm water is ideal. Soap does not usually need to be used more than once a day, as it can cause dry skin.

However, if there has been incontinence with the bowel, then an unscented (PH neutral) soap should be used to clean the skin.

If you experience any problems/concerns or sore areas to your skin please liaise with your carer, district nurse or GP.

The Referral Line SPA (Single Point of Access) to contact the district nurses.

Tel: 01904 721200

How to contact us

For more information you can telephone 01904 721200

Bladder and Bowel Health Service
Clementhorpe Health Centre
Cherry Street, York, YO23 1AP

Tell us what you think of this leaflet

We hope that you found this leaflet helpful. If you would like to tell us what you think, please contact:

Bladder and Bowel Health Service, Clementhorpe Health Centre, Cherry Street, York on telephone 01904 721200.

Teaching, training and research

Our Trust is committed to teaching, training and research to support the development of health and healthcare in our community. Healthcare students may observe consultations for this purpose. You can opt out if you do not want students to observe. We may also ask you if you would like to be involved in our research.

Patient Advice and Liaison Service (PALS)

PALS offers impartial advice and assistance to patients, their relatives, friends and carers. We can listen to feedback (positive or negative), answer questions and help resolve any concerns about Trust services.

PALS can be contacted on 01904 726262, or email pals@york.nhs.uk.

An answer phone is available out of hours.

Leaflets in alternative languages or formats

Please telephone or email if you require this information in a different language or format, for example Braille, large print or audio.

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或發電

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Telephone: 01904 725566

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