

Welcome to the Paediatric Bladder and Bowel Service

The Paediatric Bladder and Bowel Service is a small team of specialist nurses and nursery nurses who cover the county of Berkshire.

The team is skilled in the assessment and management of children and young people with complex bladder and bowel care issues including constipation with faecal soiling, daytime wetting and treatment resistant nighttime wetting. We also provide support to children with additional needs who are not yet toilet trained.

Services/treatments we offer:

- Urotherapy
- Bowel management programmes including disimpaction
- Fluid, dietary and lifestyle advice
- TENS for overactive bladder
- Biofeedback sessions for pelvic floor dysfunction
- Teaching of trans-anal irrigation
- Teaching of Intermittent self-catheterisation for carers in schools and nurseries (ISC)
- Provision of continence aids/washable and disposable products
- Toilet training support for children with additional needs

What to expect

- Following a referral into the service you will be offered an appointment with a member of the paediatric team. This may be provided in a clinic setting or at your child's school.
- At your first appointment your clinician will complete a detailed assessment of your child's bladder and bowel care needs. This may include an assessment of eligibility for continence products on prescription.
- You will receive individualised advice and a programme to suit the specific needs of your child to help them develop a healthy bladder and bowel.
- Your child may be offered a bladder scan to ensure they are emptying their bladder correctly.

What we expect from you

- Please complete bladder and bowel diaries when requested. This information is essential for us to understand the causes of the child's symptoms.
- Keep us updated of any changes to your contact details. For example, change of address, telephone number, school or GP.
- Please attend appointments on time.
- If you do not attend an appointment that has been made for you, and no contact is made within two weeks, you will be discharged back to your GP/referrer.

We ask that you treat our staff with respect,
and are not verbally or physically aggressive towards them.

Policy on continence product provision

In line with other NHS providers and national guidance, Berkshire Healthcare Foundation Trust may provide containment products to children who have been assessed as eligible for continence products on prescription from the age of 5 years old. Before containment products are prescribed all children should have a documented assessment and a trial of toilet training undertaken.

Healthy bladder and bowels are encouraged at all times even if full continence is not achievable.

Information on prescriptions for products

Products are not supplied for a treatable condition, for example, soiling in relation to constipation, nighttime wetting or occasional use. Pull up pants are not supplied.

Products are a contribution, with a maximum allocation of up to four products in 24 hours.

Every child and young person receiving disposable containment products will have their needs reassessed at least once every 12 months. The product order/delivery may be suspended until the review is carried out.

Once daytime continence is achieved, products for nighttime wetting will only be provided for a further 6 months.

Healthy bladder and bowel workshop

We run a free toilet training workshop for parent/carers of children who are over the age of four with additional needs and live in Berkshire.

Before a referral for toilet training advice or product referrals is accepted, parents/carers are required to attend this workshop. Please book this using the QR code below.

Useful resources

- ERIC www.eric.org.uk
- Bladder and Bowel UK www.bladderandboweluk.co.uk
- The Poo Nurses www.thepoonurses.uk
- Bedwetting www.stopbedwetting.org
- National Autistic Society www.autism.org.uk
- Tena Direct www.tena.co.uk
- Incy Wincey Incontinence Swimwear www.incywincy.net



Contact the Paediatric Bladder and Bowel Service

0118 904 65 40 continence@berkshire.nhs.uk

cypf.berkshirehealthcare.nhs.uk/paediatric-bladder-and-bowel