

# PATIENT INFORMATION SHEET

## SYMPTOM OVERVIEW

### UNDERSTANDING CHANGES IN BOWEL OR BLADDER FUNCTION



- Experiencing new or worsening issues with bowel or bladder control, which may include incontinence (inability to control urine or stool release), retention (difficulty fully emptying the bladder), increased frequency, or constipation.
- These changes may occur suddenly or develop gradually over time.

### WHAT IT MIGHT INDICATE

- Common conditions: these symptoms can be due to urinary tract infections, constipation, or side effects of medications.
- They might also indicate more serious conditions like prostate issues (in men), pelvic floor dysfunction, or neurological disorders such as multiple sclerosis or spinal cord injury.
- In some cases, they could signal an urgent condition like cauda equina syndrome (a rare disorder requiring emergency surgery).
- Please note: This document is not intended for self-diagnosis. Changes in bowel or bladder function should be evaluated by a healthcare professional, especially if they occur suddenly or are severe.

### IMMEDIATE ACTIONS

- If these changes are sudden and accompanied by severe back pain, weakness in the legs, or numbness in the groin area, seek immediate medical attention.
- Track your symptoms, noting any patterns, triggers, or accompanying symptoms.
- Stay hydrated and maintain a balanced diet, but avoid bladder irritants like caffeine and alcohol.

## WHEN TO CONTACT US



- If you're experiencing persistent changes in bowel or bladder function that affect your daily life, consider contacting us to arrange an online consultation with our specialists.
- If you're seeking further guidance, alternative treatment options, or a second opinion, our service can provide expert advice and specialist referrals.

### WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your symptoms, medical history, and any medications you're taking.
- You may be asked to provide detailed descriptions of your challenges, including their frequency and any measures you've taken to manage them.
- Further diagnostic tests (like urine analysis, imaging, or referral to a urologist or gastroenterologist) may be recommended based on your symptoms and history.




### PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the changes you've been experiencing and their impact on your daily life.
- Compile a list of all medications and supplements you're taking, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

## DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your local healthcare provider with any questions or concerns you may have regarding your condition.

### CONTACT US

-  [www.healwise.net](http://www.healwise.net)
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-  [Book a Free Consultation](#)

