

In-patient Bladder Re-training

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Patient Information

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This information leaflet has been developed to help your understanding of what is involved with In-patient Bladder Re-Training. It is intended to be a guide and is not expected to cover every possible detail.

What will happen?

For this, you will need to come into the hospital for a period of one week, from Monday to Sunday. When you first come in a member of the team (who may be a nurse, physiotherapist or doctor) will re-assess your bladder problems. This will include a review of your fluid intake, your medications and any other medical problems you may have.

When this has been done you will be set a target on how often you should be passing water. It is very important you stick to these times, even if leakage does occur. These times are changed as part of the daily reviews and over the week you will be encouraged and helped to increase the time between passing urine. You will be given a chart to fill in the amounts of urine you pass and the weight of your pad each time. The nurses on the ward will be able assist you with this. This helps us and you to understand your bladder behaviour and is critical to the success of the week.

Why do in-patient bladder re-training?

Bladder retraining can be done at home or in hospital. In hospital changes can be made on a daily basis and is used usually if people have not managed on their own in the community. In more complex cases it also allows the doctors the opportunity to perform further tests during the admission.

Who is going to be involved?

When in hospital you will be seen by a number of different highly specialised health care professionals. The doctors will be reviewing your care on a daily basis. Nursing staff will be actively involved in monitoring your treatment and giving you advice. You will also see a physiotherapist during the week for assessment of your pelvic floor muscles.

Where will it be?

Inpatient bladder training will take place in Ward 8 on the 4th floor of Birmingham Women's Hospital. You will not have to stay on the ward all of the time. However, if you do leave the ward please make staff aware of your whereabouts.

How Long?

The retraining takes place over a period of one week. If you are confident with your progress you may be able to go home after 5 days.

What are the benefits?

Bladder training in hospital means that the medical team is able to address your bladder issues in a more intensive way. Re-training under these circumstances where you are monitored so closely is very effective in reducing your symptoms.

Are there any risks?

There are no direct risks associated with in-patient bladder re-training.

What are the alternatives?

There are other options available to you. It is possible to follow a similar programme as an outpatient. However, having this as an inpatient does allow the team to make a more accurate assessment. If you have any questions about alternatives please make contact with your doctor or a member of the nursing staff.

Where can I go for more information?

The Bladder and Bowel Foundation.
Helpline 0845 345 0165;
<http://bladderandbowelfoundation.org>

Members of the Medical staff are also more than happy to answer any questions that you may have.

Who do I contact?

If you have any further questions please contact any of the urogynaecology sisters (0121 627 2756) or the sister in charge on Ward 8 (0121 627 2758).

What happens afterwards?

When you are discharged you need to continue on the times set for both day and night. You will be seen in the outpatient clinic approximately one month later to review your progress.