



This leaflet is to help people get ready for a bladder control check up.

A bladder control check up includes some questions and a physical check by a doctor or a trained health worker. The check up will help find any bladder control problems you have and their causes. It may also help to plan the best way to manage these problems. A bladder check up is painless.

WHAT ARE YOUR CHOICES?

Every person has a right to a private and personal check up. Your needs and wishes should be respected. People also have a right to say 'no' to the check up or to any other care. Choices you have may include:

- you may prefer a man or a woman to do your check up. Ask for this when you make your appointment.
- an interpreter may be available for you. The interpreter could be a man or a woman if you prefer. Check with your health service.
- you can take a family member or friend with you. This might help you feel better about the check up.

WHAT DO YOU NEED TO DO BEFORE THE CHECK UP?

You may be asked to keep a bladder diary. You need to keep the diary for at least 3 days before the check up. It keeps track of how your bladder works through the day.

The bladder diary may look something like this:

Table with 3 columns: Time, Amount passed, How strong was the urge to go? Rows include times from 6.30am to 2.30pm with corresponding amounts and urge levels.

The bladder diary keeps track of:

- the time you go to the toilet.
- how much urine you pass each time.
- how strong you felt the urge to empty each time.

这份资料册的目的是帮助人们做好控尿检查前的准备。

控尿检查包括由医生或受过训练的医务人员问一些问题及做身体检查。检查将有助于找出您是否有控尿问题及其原因。这也许有助于找出应对这些问题的最好方法。膀胱检查是无痛的。

你有哪些选择？

每个人都有权利获得私密的个人检查。您的需要和愿望应该得到尊重。同时，每个人也有权利对检查或其他任何形式的护理说“不”。

您的选择可能会包括：

- 您可能更希望由一位男性或女性医护人员帮您做检查。请在做预约时提出这一要求。
- 您可能可以获得口译服务。可以按照您的要求安排男性或女性口译员。请与您的健康服务中心进行确认。
- 您可以有一位家人或朋友陪同。这样也许能让您对检查感到更放松一些。

检查之前你需要做些什么？

您可能会需要做一个膀胱日记。您需要至少在检查前三天做每日记录。这样能对您膀胱在白天的工作情况有一个记录。

膀胱日记可以是如下样式：

Table with 3 columns: 时间 (Time), 排尿量 (Urine volume), 排尿感觉有多强烈? (How strong is the urge?). Rows show times from 6.30am to 2.30pm with volume and urge level.

膀胱记录能反映出：

- 您去厕所的时间。
- 您每一次的排尿量。
- 您每一次要去排空膀胱的感觉有多强烈。





How do I measure the amount of urine passed?

Put a container (like an ice cream container) in the toilet. Now sit on the toilet and relax with your feet on the floor. Pass urine into the container. Then tip the urine into a jug to measure it. Men may want to stand and pass urine directly into a measuring jug.

How do I measure urgency?

This chart shows how to use a number to describe the urge you felt.

0	No urgency.	I felt no need to empty. I emptied for other reasons.
1	Mild urgency.	I could put it off as long as needed. I had no fear of wetting myself.
2	Moderate urgency.	I could put it off for a short time. I had no fear of wetting myself.
3	Severe urgency.	I could not put it off. I had to rush to the toilet. I had fear I would wet myself.
4	Urge incontinence.	I leaked before I got to the toilet.

How do I measure leaking using a Pad Weight Test?

This test helps to work out how much urine you leak over a few days. To do this test you will need some accurate scales for weighing. You do this test by:

- weighing a dry pad in a plastic bag before you wear the pad,
- then weighing the wet pad in a plastic bag after you wear it, and
- taking the weight of the dry pad away from the weight of the wet pad.

This will show how much you have leaked because each gram equals one ml.

我如何能测量排尿量？

在马桶中放置一个容器（比如冰淇淋盒）。然后坐在马桶上，两脚放松置于地面。将尿液排入容器。然后将其倒入量杯中。男性可以以站立姿势将尿液直接排入量杯中。

我如何衡量紧急性？

下面的表格显示如何使用数字来描述您的紧急感。

0	没有紧急感。	我没有要排空膀胱的感觉。我是因为其他原因而排空膀胱。
1	轻微紧急感。	我能最大限度憋住尿。我不担心会尿湿裤子。
2	中等紧急感。	我能憋住一小段时间。我不担心会尿湿裤子。
3	严重紧急感。	我没法憋住。我必须赶到厕所去。我害怕我会尿湿裤子。
4	小便失禁。	我在到达厕所前就漏尿了。

我如何能通过尿片重量测试测量漏尿量？

这一测试能帮助计算在几天中您的漏尿量。这一测试要求您有较精确的称重器。测试步骤如下：

- 先在塑料袋中测量干燥的尿片，然后再穿上，
- 在换下尿片后将其放入塑料袋中称重，并且
- 用湿尿片的重量减去干尿片的重量。

这样便可以计算出您的漏尿量，因为一克尿液体积相当于一毫升。





Like this:

Wet pad	400g.
Dry pad	150g.
Weight Difference	250g.
Amount leaked =	250mls.

计算方式如下:

湿尿片	400克
干尿片	150克
重量差	250克
漏尿量 =	250毫升

WHAT WILL HAPPEN DURING THE CHECK UP?

During the check up, you will be asked about your diet, your weight, your past health and your health now. You may be asked:

- How is your flow of urine?
- How many times at night are you woken by the need to empty your bladder?
- Are you taking any medicines or vitamins? Medicines can make big changes to the way the bladder and bowel work. Make a list of ALL the medicines you take, not just those the doctor has prescribed. Note the dose you take and how often you take them. It is a good idea to take all of your medicines with you when you go for the check up.
- How much alcohol or caffeine do you drink? Drinking a lot of alcohol or caffeine-based drinks like coffee, cola or sports drinks may upset the bladder.
- Are you constipated? Constipation can mean straining to open your bowels. This puts a big load onto your pelvic floor muscles. Straining can damage the pelvic floor muscles. Constipation can also upset the bladder.
- Do you have any bowel accidents? Do you leak from your anus (back passage)? Weak pelvic floor muscles could mean you pass wind or bowel motions when you don't mean to.
- Does your bladder problem affect your sex life in any way?

Questions for women only:

- Do you have any children? Pregnancy and having babies can change bladder control.
- Are you going through menopause? Hormone changes can make bladder problems worse.

检查期间会做些什么?

医务人员会询问你的饮食、体重、过去和目前的健康状况等。可能被问的问题有:

- 您的排尿流畅性如何?
- 您在晚上会因排尿需要醒来几次?
- 你是否正在服任何药物或维生素? 药物可以令排大小便的情况发生很大变化。列出你服的所有药物, 不仅仅是医生开给你的药。请注意您服药的剂量和频率。最好在您去做检查时带上您的所有药物。
- 你的酒精和咖啡因摄入量是多少? 喝大量含酒精或咖啡因的饮品(如咖啡及可乐)会影响排尿功能。
- 您有便秘吗? 用力排便即为便秘。这样会对您的盆腔底肌施加很大的压力。用力可能会对盆腔底肌造成损伤。便秘还会影响到膀胱。
- 您会大便失禁吗? 您有大便从肛门(肠底部)遗漏吗? 较弱的盆腔底肌可能导致您会在不受控制的情况下放屁或排便。
- 您的膀胱问题是否对您的性生活产生任何形式的影响?

只供女性回答的问题:

- 您有孩子吗? 怀孕和生产都会改变膀胱的控制能力。
- 您现在处于更年期吗? 荷尔蒙的变化会使膀胱问题更加严重。





Some of the tests that could be used for your bladder control check up include:

- a physical check (if you say this is okay).
- Urine sample may be taken for testing.
- Blood test may be taken for diabetes or prostate problems.
- an x-ray or ultrasound.
- Urodynamics test is a special check to show how your bladder works.

Remember

No matter what type of test you are asked to have done, you can ask:

- Who will do it?
- How will it be done?
- How will it help?

SEEK HELP

You are not alone. Poor bladder and bowel control can be cured or better managed with the right treatment. If you do nothing, it might get worse.

Phone expert advisors on the National Continence Helpline for free:

- advice;
- resources; and
- information about local services

1800 33 00 66 *
(8am – 8pm Monday to Friday AEST)

To arrange for an interpreter through the Telephone Interpreter Service (TIS), phone 13 14 50 Monday to Friday and ask for the National Continence Helpline. Information in other languages is also available from continence.org.au/other-languages

For more information:

- continence.org.au
- pelvicfloorfirst.org.au
- bladderbowel.gov.au

* Calls from mobiles are charged at applicable rates.

可以对您的膀胱控制能力进行检查的一些测试有：

- 身体检查（如果您愿意的话）
- 可能会收集尿液样本做测试。
- 可能会验血检查糖尿病或前列腺疾病。
- X光片或B超。
- 尿流动力学测试是一个显示膀胱功能的特殊检查。

记住

无论要求你做什么类型的检查，你都可以问：

- 由谁来做检查？
- 怎样进行检查？
- 检查对我有什么帮助？

寻求帮助

您无需独自面对。膀胱和肠道控制能力弱可以通过正确的治疗来治愈或进行更好的管理。如果您放任不管，那么这一问题可能会更严重。

请拨打National Continence Helpline致电专家顾问获得免费的：

- 建议；
- 资源；以及
- 关于当地服务的信息

1800 33 00 66 *
(早上8点 - 晚上8点周一至周五澳洲东部时间)

如需通过电话口译服务（TIS）安排一位口译员，请在周一至周五拨打电话13 14 50，并要求接通National Continence Helpline。您还可以从网站上获得中文信息continence.org.au/other-languages

若想获得更多信息请登陆：

- continence.org.au
- pelvicfloorfirst.org.au
- bladderbowel.gov.au

* 用手机拨打的电话会按照现行资费标准收费。

