



Three out of four people who have bowel or bladder control problems can be cured or helped to better manage their problem.

四分之三有排尿或排便控制失常的人士可以得到治愈，或能得到帮助，更好地管理大小便控制失常。

WHAT ARE CONTINENCE PRODUCTS?

什么是排便节制产品？

Continence products are used to manage the symptoms of poor bladder and bowel control. They may be used short term to help you while being treated or long term if the poor bladder and bowel control can't be cured.

排便节制产品用于处理大小便控制失常的症状。这些产品可在你接受治疗时短期使用，或当大小便控制失常不能治愈时长期使用。

Continence advisors know about the broad range of products that can help manage bladder or bowel control problems. They can help you choose a product that will give you protection and confidence in your everyday life.

排便节制顾问了解一系列有助于管理排尿或排便控制失常的产品。他们可帮你选择一种在日常生活中给你保护及自信的产品。

Your doctor or continence advisor can look for the cause of your problem and offer you some treatment. If you do nothing and just use pads or other continence products without trying treatment, your problem could get worse.

你的医生或排便科顾问可以检查你的问题所在并给你提供一些治疗。如果你什么都不做,只是使用护垫或其它排便节制产品而不尝试治疗，问题会变得更严重。

WHAT TYPES OF CONTINENCE PRODUCTS ARE THERE?

有哪些类型的排便节制产品？

Absorbent pads and pants

吸湿护垫及短裤

Pads and pants come in a range of sizes and how much urine they can absorb. Some pads are meant to be used one time only, and then be thrown out. Some other pads and pants can be washed and used many times. You can get special mesh/net pants that keep the pads from slipping. Some pads have 'sticky' strips which will stick to the pants to keep the pad in place.

护垫及短裤有一系列号码，并可吸收不同尿量。有些护垫只能使用一次，然后就要丢掉。其它一些护垫及短裤可以清洗及使用多次。你可以使用特制的粗网/细网短裤保持护垫不滑落。有些护垫有“可粘贴的”带子贴在短裤上保持护垫不移位。

Absorbent bed sheets and chair covers

吸湿床单及椅罩

In these products, the top layer that sits closest to the skin lets the urine through, but stays dry while the lower layers soak up urine. They are not meant to be used at the same time as disposable pads, as they work best when the skin is in direct contact with the sheet.

这些产品最贴近皮肤的一层可以让尿液渗透进去，当底层将尿液吸收之后，上层仍然保持干爽。不要将它们与一次性的护垫同时使用，因为当皮肤直接接触床单时效果最好。

Penile sheaths / external catheters

阴茎护套/外导尿管

Penile sheaths are made of silicone and are mostly self adhesive and lined with non-latex glue which sticks to the penis. The other, open end of the sheath is joined to a leg bag where urine can drain.

阴茎护套由硅胶制成,大多数有自粘性，内衬是能粘住阴茎的非乳胶粘胶。护套的另一端开口与接尿液的腿袋相接。





If the man is mobile, a leg bag can be used which is hidden under his clothes. The sheath can be joined to a two litre bag for overnight drainage. Skin reactions can be seen through the clear silicone as soon as they occur. Bags which connect to the sheath should always have wide bore tubing to let the urine flow into the bag with no backflow into the sheath which could cause it to come loose. Bags worn on the leg should be firmly fixed to the thigh or lower leg with the straps that come with the bag and emptied before they get heavy enough to pull off the sheath.

Other products to help toileting

Bedpans and urinals (male and female type) can be used if you are confined to bed. Commode chairs placed by the bed at night can help if you cannot walk to the toilet. Raised toilet seats and chairs that can be moved over the toilet can also help if you have trouble sitting on low toilets.

WHAT SHOULD YOU THINK ABOUT WHEN CHOOSING A CONTINENCE PRODUCT?

The best product is one that works well, is comfortable and helps you to have a normal life. When choosing a continence product, you should think about:

1. Your individual bowel or bladder control problem

Your choice of product will depend upon your own control needs at any one time. Choose a pad that will hold how much urine you might pass and change it as soon as it is wet. This is better for you and cheaper than leaving a large pad in place for many hours. Wearing pads damp with urine or bowel motions can cause skin rashes or bladder infections. Also, any smell can be cut down if the pad is changed as soon as it is wet or soiled and the skin rinsed and dried before a new pad is used. Choose a pad that does not have a coloured plastic cover which can show through light coloured clothes or make a noise when you move.

2. Your personal lifestyle

Personal needs for work, home and your social life should also guide your choice of products. Continence advisors can help with advice on special products to use when you play sport or travel long distances.

如果患病的男士尚可活动，就能使用可以藏于衣服内的腿袋。护套可连接一个两升的袋子，收集整夜排出的尿。当皮肤出现反应时，马上可以透过透明的硅胶看到。连接到护套上的袋子一定要有宽口的管子，让尿液流入袋内而不回流至护套内，从而防止护套松脱。佩戴在腿上的袋子要用连在袋子上的条带将袋子牢牢地固定在大腿或小腿上，并要经常倒掉尿液，以防袋子太重将护套坠脱。

协助大小便的其它产品

便盆及尿壶（男用及女用型）可以用于卧床患者。夜间放在床边的坐便椅在你无法去厕所时可以对你有帮助。加高的马桶座和可以移放在马桶上的椅子在你无法坐在较低的马桶上时，同样可以对你有帮助。

选择排便节制产品时要考虑些什么？

效果好、舒适、能帮你过上正常生活的产品就是最好的产品。当选择排便节制产品时，你应该考虑：

1. 你排便或排尿控制失常的特点

你要根据自己当时的控制需要选择产品。选择一种可以吸收你所排出的尿量的护垫，并在护垫湿透时及时更换。对你来说，这比几个小时都用同一块大护垫更好、更经济。垫着已湿透尿液或大便的护垫会引起皮疹或膀胱感染。此外，如果护垫湿了或弄脏时马上更换，并在换上新护垫之前清洗及擦干皮肤，就可以减少异味。所选护垫的塑料面不要有颜色，这样穿浅色衣服时就不会透出来。也不要选在你走动时会发出响声的护垫。

2. 你个人的生活方式

个人的工作，家庭及社交生活需求同样会影响你对产品的选择。排便节制顾问可向你提供做运动或长途旅行时使用的特别产品的建议。





3. Your mobility

The vast range of products means that you need to think about your habits and abilities to choose the best product for your problem. Such things as how easily you can get to the toilet or how easy you find changing pads can help to guide the right choice of product for you. There are many types of products, and one will be just right for you.

4. Supply of products

Some continence products can be bought in supermarkets and chemists, while others may be more easily bought from specialist medical suppliers. You might need expert help to choose the right one for you. Contact the **National Continence Helpline (Freecall 1800 33 00 66)** who provide you with advice or can put you in touch with a continence advisor in your area.

5. Disposal

Most disposable products can be thrown away in normal household rubbish. Continence products should NEVER be flushed down the toilet.

6. Washing guidelines

Reusable products should tell you how to wash them on the package when you buy them. Don't buy reusable products if you don't have a washing machine and dryer, or an outside clothes line which is easy for you to reach. Due to their absorbency they take longer to dry than normal underclothes and sheets, so ask for a sample to try first.

WHO PAYS FOR CONTINENCE PRODUCTS?

Continence products can be costly and in most cases you will need to pay for them yourself.

If you have permanent and severe incontinence, and meet other eligibility criteria, the national Continence Aids Payment Scheme can assist you to meet some of the costs of continence products.

The Department of Veterans' Affairs also manages the Rehabilitation Appliances Program which you may access if you hold a Gold Card or eligible White Card.

3. 你的活动性

各式各样的产品意味着你需要考虑你的习惯及能力,为解决你的问题选出最佳产品。例如,你去厕所是否容易,或换护垫是否方便等。这些因素有助于你选择合适的产品。产品种类非常多,总会有一款适合你。

4. 产品的供应

有些排便节制产品可在超级市场及药房买到,而另一些产品可能更容易从医疗用品专卖店买到。你可能需要专业帮助来选择适合你的产品。你可致电全国排便节制帮助热线 (**National Continence Helpline**) (免费电话**1800 33 00 66**), 他们会给你提供建议或帮你联络你所在地区的排便节制顾问。

5. 弃置

大多数一次性产品可弃于普通的家庭垃圾内。切勿将排便节制产品冲入厕所。

6. 清洗指引

购买可多次使用的产品,其包装上应该说明如何清洗。如果你没有洗衣机及干衣机,或者使用露天晒衣架不方便,就不要购买可多次使用的产品。由于它们吸湿,所以比一般内衣及床单需要更长时间才能晒干,因此要先索取样品试用。

谁支付排便节制产品?

排便节制产品会很昂贵,而且在大多数情况下你需要自己支付这些产品。

如果你的大小便长期严重失禁,并符合其它资格标准,全国排便节制辅助用具补助计划 (**Continence Aids Payment Scheme**) 可协助你支付排便节制产品的部份开支。

退伍军人事务部 (**Department of Veterans' Affairs**) 也管理康复用品计划 (**Rehabilitation Appliances Program**)。如果你持有金卡或合格的白卡或可参加该计划。





Also, some state and territory governments provide services to support people affected by incontinence, including providing continence products. These services vary between states, and may include client assessment, education and support.

In most cases you will need to seek help from a health professional such as your doctor or continence nurse to access these services.

If you contact the National Continence Helpline you can get advice about the continence services that may be available for you.

SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:

- Information;
- Advice; and
- Leaflets.

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

Visit bladderbowel.gov.au or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

此外，一些州及领地政府提供服务，支持受大小便失禁影响的人士，包括提供排便节制产品。这些服务在各州之间有所不同，而且可能包括客户评估、宣传教育及支持等内容。

在大多数情况下，你需要向医生或排便科护士等专业医护人员寻求帮助来获取这些服务。

如果你联络全国排便节制帮助热线（National Continence Helpline），就可以得到有关排便节制服务的建议。

寻求帮助

如果你致电国家排便节制热线，有资质的护士会接听你的电话1800 33 00 66*（周一至周五，澳大利亚东部标准时间8:00am—8:00pm）。

- 信息；
- 建议；及
- 资料册。

如果你在讲英语或者理解上有困难，你可以通过拨打13 14 50获取免费电话传译服务以接通国家排便节制热线。电话会用英语接通，因此请说明你要讲的语言并且不要挂机。你会被连接到一个讲你母语的传译员。告知传译员你想要致电国家排便节制热线，电话是1800 33 00 66。待电话接通后传译员会帮助你与排便节制护理顾问对话，所有的来电均保密。

请登陆：bladderbowel.gov.au或者continence.org.au/other-languages

* 用手机打出会收取相应费用。

