



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.

這份資料單張的目的是幫助人們準備好做控尿檢查。

控尿檢查包括由醫生或受過訓練的醫務人員問一些問題及做身體檢查。檢查將有助於找出你是否有控尿問題及其原因，還可以有助於計劃處理這些問題的最好方法。控尿檢查是無痛的。

你有哪些選擇？

每個人都有權做私密及個人的檢查，你的需求和意願應得到尊重。每個人亦有權對做檢查或任何其他護理說“不”。

你擁有的選擇可能包括：

- 你可以想由一位男士或一位女士為你做檢查，在預約時提出這要求；
- 你可以要求一位傳譯員。如你喜歡還可以按照你的意願為你安排一位男或女傳譯員。請向你的健康服務中心查詢；
- 你可以帶一位家人或朋友和你一起，這樣可能有助於使你對檢查的感覺好一點。

檢查之前你需要做些甚麼？

你可能要寫排尿日記。在檢查之前你需要記下至少3天日記。來記錄你的膀胱在白天是怎樣工作的。

膀胱日記看起來可能像這樣：

Table with 3 columns: 時間, 排出量, 急迫感的強度是多少? Rows show times from 6.30am to 2.30pm with volume and urgency levels.

膀胱日記跟進：

- 你去廁所的時間；
- 你每次的排尿量；
- 你每次去排尿的急迫感有多強。





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.

Table with 3 columns: Urgency level (0-4), Description of urgency, and Associated symptoms.

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:

- 1. weighing a dry pad in a plastic bag before you wear the pad,
2. then weighing the wet pad in a plastic bag after you wear it, and
3. 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.

怎樣測量尿液排出量？

上廁所時在兩腿間放一個容器（如雪糕盒）。然後坐上馬桶，輕鬆地雙腳着地，將尿液排入容器內。排完之後，將尿液倒入量杯進行測量。男性或會站著將尿液直接排入量杯內。

怎樣測量急迫感？

此圖顯示怎樣使用一個數字來描述你感受到的急迫感。

Table with 3 columns: Urgency level (0-4), Description of urgency in Chinese, and Associated symptoms in Chinese.

怎樣使用護墊重量測試法(Pad Weight Test)來測量漏尿量？

此測試可以幫助你計算出在幾天期間的漏尿量。做這個測試你需要一些精確的秤進行稱重，方法可以通過：

- 1. 在佩戴護墊之前先量放在塑膠袋內的乾護墊重量，
2. 然後再量放在塑膠袋內使用過的濕護墊重量，最後
3. 將濕護墊的重量減去乾護墊的重量。

這將顯示你的漏尿量，因為每一克等於一毫升。





Like this:

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

像這樣：

濕護墊	400克
乾護墊	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.

檢查期間會做些甚麼？

在檢查期間，你將會被問到關於你的飲食，你的體重，你過去及目前的健康狀況。你可能會被問到：

- 你的排尿流暢度是怎樣？
- 因排尿需要你在夜間會醒來多少次？
- 你是否正在服任何藥物或維他命？藥物可以令排大小便的情況發生很大變化。列出你服的所有藥物，不僅僅是醫生開給你的藥。記下你服用的劑量以及多久服用一次。當你去做身體檢查時最好帶著你服用的所有藥物。
- 你喝多少酒或咖啡？喝大量含酒精或咖啡因的飲品（如咖啡及可樂）會影響排尿功能。
- 你便秘嗎？便秘意思是用力擴張你的腸道。這對你的骨盆底肌是很大的負荷。用力排便會損傷你的骨盆底肌。便秘也會擾亂排尿；
- 你是否有排便意外？你是否由肛門（直腸）漏便？骨盆底肌衰弱可能意味著你並不是有意放屁或排便；
- 你的排尿問題會影響你的性生活嗎？

只針對婦女的問題：

- 你是否有子女？懷孕和生育會改變排尿控制；
- 你是否在更年期？賀爾蒙的改變會使排尿問題惡化。





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.

有些檢測可以用於你的排尿控制檢查，包括：

- 身體檢查（如果你同意）；
- 可能會收集尿液樣本做測試。
- 可能會驗血檢查糖尿病或前列腺疾病。
- X光或超音波。
- 尿流動力學測試是一個顯示膀胱功能的特別檢查。

記住

無論要求你做甚麼類型的測試，你都可以問：

- 由誰來做測試？
- 怎樣進行測試？
- 測試會有甚麼幫助？

尋求幫助

你並不孤單。加以正確的治療，排尿和排便控制不良可以治愈或處理得更好。如果你置之不理，問題可能會日益惡化。

致電National Continence Helpline（國家排便節制熱線）專家顧問索取免費：

- 建議；
- 料；及
- 關於當地服務的資訊

熱線電話：1800 33 00 66 *
(週一至週五，澳洲東部標準時間早上8點 - 晚上8點)

要安排電話傳譯員，請致電TIS（電話傳譯服務）13 14 50週一至週五，並要求接通National Continence Helpline（國家排便節制熱線）。獲取其他語言譯文的資訊，請瀏覽continence.org.au/other-languages

更多詳情：

- continence.org.au 排便節制網站
- pelvicfloorfirst.org.au 骨盆底肌肉網站
- bladderbowel.gov.au 排便失禁網站

* 用手機打出的電話會收取相應費用。

