



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

WHAT ARE CONTINENCE PRODUCTS?

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.

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.

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.

WHAT TYPES OF CONTINENCE PRODUCTS ARE THERE?

Absorbent pads and pants

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.

Absorbent bed sheets and chair covers

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.

Penile sheaths / external catheters

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.

四分三有排尿或排便控制問題的人士可以得到治癒，或能得到幫助，更好地管理大小便控制問題。

甚麼是排便節制產品？

排便節制產品用於處理大小便控制失常的症狀。這些產品可在你接受治療時短期使用，或當大小便控制問題不能治癒時長期使用。

排便節制顧問瞭解一系列有助於管理排尿或排便控制問題的產品。他們可幫你選擇一種在日常生活中給你保護及自信的產品。

你的醫生或排便科顧問可以檢查你的問題所在及給你提供一些治療。如果你甚麼都不做，只是使用護墊或其他排便節制產品而不嘗試治療，問題會變得更嚴重。

有哪些類型的排便節制產品？

吸濕護墊及短褲

護墊及短褲有一系列號碼，並可吸收不同尿量。有些護墊只能使用一次，然後就要丟掉。其他一些護墊及短褲可以清洗及使用多次。你可以使用特製的粗網/細網短褲保持護墊不滑落。有些護墊有“可粘貼的”帶子貼在短褲上保持護墊不移位。

吸濕床單及椅罩

這些產品最貼近皮膚的一層可以讓尿液滲透進去，當底層將尿液吸收之後，上層仍然保持乾爽。不要將它們與一次性的護墊同時使用，因為當皮膚直接接觸床單時效果最好。

陰莖護套/外導尿管

陰莖護套由矽膠製成，大多數有自粘性，內襯是能粘住陰莖的非乳膠粘膠。護套的另一端開口與接尿液的腿袋相接。





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動，就能使用可以藏於衣服內的腿袋。護套可連接到一個容量為兩公升的袋子，用於整晚排出尿液。當皮膚出現反應時，馬上可以透過透明的硅膠看到。連接到護套上的袋子一定要有寬口的管子，讓尿液流入袋內而不回流至護套內，從而防止護套鬆脫。佩戴在腿上的袋子要用袋上附有的帶子牢牢地固定在大腿或小腿上，並在袋子變得太重而將護套拉脫下之前排空尿液。

協助上廁所（大小便）的其他產品

便盆及尿壺（男用及女用型）在你臥床時可以使用。夜間放在床邊的坐便椅在你無法去廁所時可以幫到你。加高的馬桶座和可以移放在馬桶上的椅子在你無法坐在較低的馬桶上時，同樣可以幫到你。

選擇排便節制產品時要考慮些甚麼？

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1. 你個人的排便或排尿控制問題

你對產品的選擇將取決於你每一次的控制需要。選擇一種可以吸取你所排出的尿量的護墊，並在護墊濕透時及時更換。這對於你來說比長達數小時使用一塊大護墊會更好及更經濟。墊著已濕透尿液或大便的護墊會引起皮疹或膀胱感染。此外，如果護墊濕了或弄髒時要及時更換，並在換上新護墊之前清洗及擦乾皮膚，就可以減少任何難聞的氣味。選擇一種不會透過淺色衣服就能見到顏色鮮豔的塑料面或當你移動時不會發出聲音的護墊。

2. 你個人的生活方式

個人的工作，家庭及社交生活需求同樣會影響你選擇產品。排便節制顧問可向你提供做運動或長途旅行時使用的特別產品的建議。





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. 你的活動性

各式各樣的產品意味著你需要考慮你的習慣及能力，為解決你的問題選出最佳產品。例如你去廁所是否容易，或換護墊是否方便等等，這些因素有助於你選擇合適的產品。有很多類型的產品，總會有一款適合你。

4. 產品的供應

有些排便節制產品可在超級市場及藥房買到，而另一些產品更容易從專門的醫療用品供應商處購買。你可能需要專業的幫助來選擇適合你的產品。你可致電全國排便節制幫助熱線（**National Continence Helpline**）（**免費電話1800 33 00 66**），他們會給你提供建議或幫你聯絡你所在區的排便節制顧問。

5. 棄置

大多數一次性產品可棄於普通的家庭垃圾內。切勿將排便節制產品沖入廁所。

6. 清洗指引

可多次使用的產品在你購買時應該在包裝上標示如何清洗。如果你沒有洗衣機及乾衣機，或者不方便使用露天曬衣架，就不要購買可多次使用的產品。由於它們吸濕，所以比一般內衣及床單需要更長時間才能曬乾，因此要先索取樣品試用。

誰支付排便節制產品？

排便節制產品會很昂貴，而且在大多數情況下你需要自己支付這些產品。

如果你有長期而且嚴重的大小便失禁，並符合其他資格標準，全國排便節制輔助用具補助計劃（**Continence Aids Payment Scheme**）可協助你支付排便節制產品的部份開支。

退伍軍人事務部（**Department of Veterans' Affairs**）亦管理康復設備計劃（**Rehabilitation Appliances Program**）。如果你持有金卡或合資格的白卡或可參加該計劃。





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，一些州及領地政府提供服務，支持受大小便失禁影響的人士，包括提供排便節制產品。這些服務在各州之間有所不同，而且可能包括客戶評估，宣傳教育及支持等內容。

在大多數情況下，你需要向醫生或排便科護士等醫護專業人士尋求幫助來獲取這些服務。

如果你聯絡全國排便節制幫助熱線（National Continence Helpline）就可得到關於所提供的排便節制服務的建議。

尋求幫助

如果你致電國家排便節制熱線，有資質的護士會接聽你的電話1800 33 00 66*（週一至週五，澳大利亞東部標準時間8:00am—8:00pm）。

- 信息；
- 建議；及
- 資料單張。

如果你在講英語或者理解上有困難，你可以透過撥打 13 14 50 獲取免費電話傳譯服務以接通國家排便節制熱線。電話會用英語接通，因此請說明你要講的語言並且不要掛機。你會被連接到一個講你母語的傳譯員。告知傳譯員你想要致電國家排便節制熱線，電話是1800 33 00 66。待電話接通後傳譯員會幫助你與排便節制護理顧問對話，所有的來電均保密。

請登陸：bladderbowel.gov.au 或者 continence.org.au/other-languages

* 用手機打出會收取相應費用。

