



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:

Time	Amount passed	How strong was the urge to go?
6.30am	250mls	4
8.00am	150mls	3
9.00am	100mls	3
10.20am	150mls	1
12.15pm	100mls	1
1.25pm	200mls	3
2.30pm	200mls	3

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.

Athör thiin abi kony ba rot guir bë alänydu bën la caath.

Cæeth alänydu a lëu bë yic thiëc bi akim yi thiëc ku ciæth yi guöp. Ciæth kën a bë akim col a njic kën yen raan col a thiu thar. Ku col akim a njic döny bë gam raan bë thiu thar kööc wälä bë thiu thar njic muk nom. Tiñ alëëc acië kënë ë riem/töök.

### YE KÄ YİNDÄ BİN LÖC THİN?

Ayi raan anöñ yienyde të kënë muony apsidit ku jaal aññ guöp ë kääk njek. Käk kun wic/kor ku käk gör adhil bë kë atheek apci. Koc eya anöñ yic ku bi raal luel 'ka cië yic' tëwën looi yen tiñtiñ ë guöp thin ulä tënë ayi akut kök në muök.

Yin anöñ yic ku ba näñ akuëny wënë bi:

- yin neñ nhiëer bi ya moc ulä tik yen kuany bi tiñdun looi. Thiëc ë kënë tëwën yen nuir yin thää bi yi bëën pan akim.
- athook/gamlöñtädäñ ka alëu bi luthin tënë yin. Athook/gamlön eya alëu bi ya moc ulä ye tik tëcüt tëdun yen nhiaar anin. Tiñ wek pan akim dun ye yi lathin.
- yin alëu ba la wek raan tön ë kuatdu ulä raan math kë yin. Yen kënë abi yin dhil kony wët bin nhiaar ku nuën yen alöñ bi yi tiñ guöp.

### YEDÖ BA LOOI KA Yİ KĖC GUA LA BĖ ALÄNYDU LA CAATH?

Yin alëu bä thiëc tënë bin athör-alæc muök thin. Yin awic ku baa athör ë yi wël gäät thin col arëer ke yin tuen tënë niin ka diaak bi yi ka la të tiñtiñ pan akim. Yen abi tënë alënydu lui thin aköl muk në gät-piny ye yic.

Dë athör ë käk yë yi kë laac gäät thin awic bi tiñ ka cit kënë ci nyuoth piny:

Thää	Athëm læc ya laac	Arakdi eyi guö la ku lor tënë læc ?
6.30nh	250mls	4
8.00nh	150mls	3
9.00nh	100mls	3
10.20nh	150mls	1
12.15th	100mls	1
1.25th	200mls	3
2.30th	200mls	3

Adë athör ë käk laac gäät ye kääñ ci gäatic muk citmen:

- thää ë yin la yon ye la laac/roor.
- ku yin ye læc yindä këk ë laac ayer në thää tökic.
- yen riëlic dë yök këdi anin ë yi guö la ku lor tënë læc në thää tökic.





### 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.

### Na ʒen ba læc ca kek laac wei them kedi emene?

Täu keny/aduŋ laac (cĩtmen è keny/aduŋ ice cream) alonŋthin è ʒon-laac (toilet). Emen lor alonŋthin è ʒon-laac ku nyuc nè pākāna nhom ku pāal ye guöp piny ke cōkku rēer piny alāŋjalāŋ è tiöp nhom. Pāal læc bĩk la keny/aduk yic. Ku jal è læc kē wāal nè jaakic bĩn kek jal them thin yen. Mōc alēu bē guō kōc nhial ku gō læc ciēth pāal nè jaan wēnē bĩ ke them thĩnic.

### Ye kedi bē ʒen læc cĩ guō bēnē tē cĩnic gāau them?

Kē cĩ guir anyoŋth nĩmirat cē looi wēnē luel tēdun ye yōk tē yĩn lac la laac thin.

0	Acĩn guō la laac.	ʒen rot yōk ke ye cĩn læc la ke laac. ʒen è la roor nè kā kōk looi arot den.
1	Guō la laac akor.	ʒen alēu ba laac kēnē gēl tēcĩt tēdiēn yen wĩc. ʒen acĩ naŋ riōc lon bi ʒen rōt laac.
2	La laac anuēn.	ʒen alēu ba laac gum tēnē thāā ciekic amāāth. ʒen acĩ naŋ riōc acĩn è lon bĩ ye rot luak arot.
3	La laac acĩ yic riēl.	ʒen alēu ba ciēn tē gum ye laac acĩn. ʒen anaŋ lon kat ʒen ba la tēnē ʒon-laac. ʒen naŋ riōc apeĩ lon ʒen abĩ rot laac nè læc.
4	La laac acĩ yic riēl apeĩdĩt.	ʒen è læc guō waat kepēc tueŋ ke ʒen akēc guō la tēnē ʒon-laac.

### Na ʒen ba kāāŋ wæc kē cōl (Pad Weight Test) yic them kedi?

Athēm kēnē kuōnyē luoi ye ʒen laac juēc cĩ wēt-bei tēnē yĩn è nĩn juēc yic nyoŋth. Tē wĩc yĩn ba athēm kēnē looi,ka yĩn awĩc ba kēdāŋ pieth cĩ njiēc giŋ ya them looi koŋ gōr. Yĩn athēm kēnē looi è:

- them alanh cĩ riēl (a dry pad) ka rēer thĩn è plastic bekic tueŋ kaam kēc yĩn alanh guō ruōk,
- ku bēn alanh la luak kēnē them thin è plastic bekic ye cōk ciēn kaam tē cĩ yĩn alanh ruōk, ku
- nyai athēm è alanh cĩ riēl (dry pad) wei tēnē athēm è alanh la luak (wet pad).

Kēnē abĩ nyuōŋth luakluak wēnē ke yĩn erĩn nũim-tōk è ya tōk ml.





Like this:

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

Acit kënë:

Alanh la luak (Wet pad)	400g.
Alanh cè riel (Dry pad)	150g.
Athëm tek ke yic (Weight Difference)	250g.
Käk cı wëët bei =	250mls.

## 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.

## YEDÖ BÈ ROT LOOI TÈ CËETH ALËÇ?

Kaam ciëth yïin, yïn a bë thiëc mïith ye cam, athëm thiekdu, pial guöp duun thëer ku pial guöp du emën. Yïn a lëu bë yï thiëc:

- Ye lacku wëet ayer è këdî?
- Ye arak juëc kadî në thäärat wäkou yic ke yïn päac è wët wic yïn ba alënydu la läac yic wei?
- Leŋ wal wulë/ka bïtamin ye dek ëmën? Wal kək aa muön kek alëc ku yac. Kuen wal ye dek ebën, gut wal këc akim gät yïin. Yïn dhiel kuat namba waal è kek dek njic ku arak aluöt yïn keek lööm. Yen è këwën piath eya baa waalku ebënë ya muk ke yïn të leer yin bë yï latij guöp.
- Ye mön yindä wälä kape yindä ye dek? Na ye dek mön dīt tet wälä bun/cäi/kola dīt tet ka aläny du a lëu be cak.
- Adi ka yïn è kil/la roor rilicou? Kil/la roor wënë rilic è köc ciëth yic bi cië la bei yac. Yen këne athiek kək yic cöl dhuk athiek në riäl yoi yic piny apsidit. Rielic la bei në ciëth alëu bi riäl è yoi yic piny rac. Kil/la roor rilic alëu eya bi alëc cöl awuöc.
- Na yïn naaŋ ayi këwën ci wäac yï yäac? Adi yïn amok lisi/ciëth è wëët bei amongdu yic (waat bei anjemic ciën)? Köc è riäl ye yoi yic alëu yïn cöl ye guo koth apath ulä bë yac guö ala luac-läänj tēwën cië yen ca guir yïn ke yen tēnē ba luöi yen.
- Adë ka läanydun jöör è yï pēen nhiëer në pïirdu yic ulä töc thin ayi dhöl kök?

Käk è thiëc tēnē dïär kepec:

- Adë ka yïn anaŋ ayi mïith? Liëc ku neŋ mïith puöc dhiëth alëu ba riel alëc cöl ci bë pēen ye riël waar.
- Na yïn adë kë yï riem në thiëc guo lac köc (menopause)? Wëer rot è kək guöpic (Hormone) alëu bi këc ci wäac alëc yic cöl juak riëc eya





### 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](http://continence.org.au/other-languages)

For more information:

- [continence.org.au](http://continence.org.au)
- [pelvicfloorfirst.org.au](http://pelvicfloorfirst.org.au)
- [bladderbowel.gov.au](http://bladderbowel.gov.au)

\* Calls from mobiles are charged at applicable rates.

### Ka k k w n  b  k  ath m ye al enydu looi   t j b  c  b n laac am  t:

- an j y c ti j   gu p (t  c  y n ye luel k n   t de kaloi).
- L c al u b  ke nyaai b  ke la caath yiic.
- Ri m a l u b  miit b  la caath yic l n y n gu p tuany cukar wul /ka l n c  y n let.
- Ku jal athuur   makana ul  makana w i them (an x-ray or ultrasound)
- Ci  th   Urodynamics a ye looi b  t j l n k c al ny du cak.

### Muk y  nhom

Na c k b n ya n  y n c  luel l  ka la caath y  gu p, ka y n a lej riel ba thi c:

- Yeja b  la caath gu p?
- Raan k n b  caath gu p kad ?
- Ci  thden k n n  b  ku ny   en?

### W C AKUNY

Y n aw c ku ba nj c ka ci  y  arot. Al eny rac ku y  c al u b  kek gu r b k piath ul  nj c ke looi ap idit n  kuer nj c lu i yelaac. Na y n ac n k  lu i th n, y n adhil rot ap idit b  r c.

Yu p talapun   k c w t luth n t  c l National Continence Helpline ap th ka c n w u k r t n  y :

- w  t;
- k  nj luth n; ku
- w l   l k al j loiloi k k   looi ye t n 

1800 33 00 66 \*  
(8nh – 8th Ak lt k agut Ak ldhi c AEST)

T  w c y  raan k c waar thok/agaml j b  guir   talapun y  gaml j/w  ric looi (Telephone Interpreter Service (TIS)), ka yu p talapun namba k nic 13 14 50 Ak lt k agut Ak ldhic ku thi c k  c l National Continence Helpline. W l   l k th n thok   th ai k k aluth n t n  c l [continence.org.au/other-languages](http://continence.org.au/other-languages)

T  w c w l   l k ju c k k ka l r thi lny n/w pth t k  y c kadi k:

- [continence.org.au](http://continence.org.au)
- [pelvicfloorfirst.org.au](http://pelvicfloorfirst.org.au)
- [bladderbowel.gov.au](http://bladderbowel.gov.au)

\* yup   mabaal aw c/k r w u nyici t  cimene aku n c  c k (applicable rates).

