



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.

Köc ka diäk kem köc ka nusen cı alęc wälä yäac ken cak aa lëu bık yök döc wälä a lëu bë ke kony bık tueny-tuëeny kä njec muk nhıim.

**KÄ KÖK YE THIU THAR DÖJC YE KÄ YİNDÄ?**

Kä kök ye thiu thar döc aa ye raan cı alëęc cak ku raan cı yäc cak kony bë tuaany njec guum. A lëu bë ke yiäk raan kaam tıit yen döny la cök tē cın yen döny pæeth wën cē lac yök.

Köc köc wëët biäk thiu thar a njc kä kök ye thiu thar döc juëęc wën lëu bık yı kony ba tuany ë aläny cē cak wälä yäny cē cak gur. Köc kä aa bı kony ba kë wën yen bı kony loc rin ba la tuen ke piër du ka yı tıt döc.

Akım wälä raan köc wëët biäk thiu thar a lëu bë kë cı yiäk wıc ku gët döny bı kony. Na cın dëd loi ku alëth path wälä kä Kä kök ye thiu thar döc kek luui yın ku jaai döc, ka tuany du a lëu bë la ka juak ye yic.

**YE KÄ KÖK YE THIU THAR DÖJC YİNDÄ KEK TÖ'U?**

**Alëth kuöth ku matholoon pıu jooç**

Alëth kuöth ku matholoon pıu jooç aa ye looi ke tæk yiic ku læc yekä jooç aa tæk yiic. Alëth kuöth aa ye ceñ kën yic tök, ku piir ke wei. Alëth kuöth kök aa ye thuak ku benke ceñ. A læñ bë gäm cabak wën bë alëth kuöth ya muök nhial bık cı lööny piny. Alëth kuöth kök aa læñ kööth kë la nuet-nueet wën keek cöl a nuet matholon yic bık cı lööny piny.

**Akät pıu jooç ku alëth pıu jooç ë thöç**

Kä ye thiu thar döc kä aa ye kaac tē wën keek cöl a jooç læc alonj thın bë tē wën cē rot wël raan guöp ya rëer ka cē thiaaņ. Keek aa ceñ kedhie kek alëth kuöth wën ye ceñ tök ku piir ke wei, rin ye kek njec luui tē ye kek guöp goot.

**Kuöth ë læc**

Kuöth ë læc a ye ræk cul thok ku duut yäm köu bë læc jal ya guëer bei ku lek kuöth yic. Kuöth ë læc kën ee rëer ka cē duöt yäm köu.





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.

Ye raan cath, ka kuöth kën a njuot duut yäm bë thiaan alëth ye ceŋ yiic. Na ye wëër yic ka kuöth kën a com thok kuöth nuëën (lita ka 2) dëd yic bë lec wëër muk ebën. Na leŋ kë wäac dël köu ka go tiŋ. Kuat kuöth wën ye lec wet thïn a dhil ya kuöth nuëën aländen ku a dhil ya luoci tē wën lec pëen bïk cï ben ya dhuk ciëen rin na yekä dhuk ciëen ka lëu bïk kuöth nuël bei cul thok. Ku na ye kuöth ceŋ raan ye yäm ka dhil duööt apath wälä a lëu bë duööt dieer köu ku kä ye ye duööt aa bën ke yeen ku a dhil ya wäl yic wei ka këc gua thiek apëy bë rot nuël bei cul thok.

**Kä kök raan kony bë la yön laac**

Matholon agerem (kën röör ku kën diäär) a lëu bë gäm raan tē yen raan wën ce rot jöt. Thöny la roor cē tšöu agerem lööm bï raan gua ya nyuc maköu a lëu bë piath ke raan cïn tē yen cath bë la yön laac maköu. Thöny la roor wën cē jat nhial a lëu bë piath ke köc ce kööth la piny.

**Yenjö ba tak yic tē loc yïn kä kök ye thiu thar döc?**

Kë path kem kä kök ye thiu thar döc ee kë wën luui apath, ku le bath ku kony yïin ba njec pïr. Na loc kä kök ye thiu thar döc, ka yï tak kākä yiic:

**1. Tuany duun alëc wälä yäc**

Kä kök ye thiu thar döc ba loc a bë thok thiäak kek kuocny yen wïc. Loc alanh kuöth wën bë lec lik bën ya muk ku ye lac waar tē cï yen tiap. Kën ye apath ke yïin tē thöön yïn yeen kek alanh kuöth wën lec juääc muk ku jol ya rëer ke lec thäät juääc. Na ye alëth kuöth leŋ yic lec wälä cëth ceŋ thäät juääc ka kën a lëu bï yiëk akuöök wälä aläny du a lëu bë wuoc. Aya, nuäc guöp a lëu bë ye yic tek tē ye yïn alëth kuöth lac bëy bei tē cï kek tiap wälä tē cïn la roor thïn ku lok guöp ku col koth ku jal alanh kuöth dëd ben tääu. Loc alanh kuöth wën cē bë ya tiŋ alëth ku yiic ku cï ye la yiiuyiuu tē cëth yïn.

**2. Tē duun yïn pïr thïn**

Kä kuun wïc bïn luui, kä baai ku tē bïn ceŋ thïn ke pamäth aa bï konya aya ba kä kök ye thiu thar döc njec loc. Köc koc wëët biäk thiu thar aa lëu bïk yï njec lëk kä ba yoc bïn ya tuk wälä tē le yïn keny tē mec.





### 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. Të duun yin cæth thïn

Rin juëc kä kök ye thiu thar dööc, ka path ba yï nhom tak të duun yin luui thïn ku kä ye lëu luoy ku jol kä kök ye thiu thar dööc loc. Cëmën lon puöc yic ba la yön laac wälä lon pæth yen ba lök yï cæth kuöth pïu jooc ku jol la yï wïc döc. Kä kök ye thiu thar dööc aa juëc, ku tök yen a bë piath ke yïin.

### 4. Të bï kākā ya bën thïn

Kä kök ye thiu thar dööc aa lëu bë yöc cuk dït ye koc yöc mïith thïn wälä ayaada wal, ku kök aa ye yöc tën bëëyakïm wën ke guiir. Tekdä ka yin a bë dhiel wïc kuöny ba loc. Yup Telepun **kuöny ë köc ce lac guum (yum majan 1800 33 00 66)** ku keek aa bï lëk wälä a lëu bïk yï tuööm thok kek akuonyakïm ë thiu thar thiäak ke yïin.

### 5. Të bïn ke piæc thïn të cïn thök

Kä kök ye thiu thar dööc juäac aa ye piæc wei cëmën thæer ye anyuöc piæc wei. DUK kä kök ye thiu thar dööc piir thöny la roor yic.

### 6. Dhël ye keek look

Alëth kuöth wën ye look ku benke ceŋ aa bë kööth lan athör koc lëk të ye lök keek. Duk alëth kuöth ye look ku benke ceŋ yoc të cïn yin makanalök ku makäna kän kör, wälä të wën ye alëth kör thïn ayeer wën lëu ba dööt. Rin ye kek alëth pïu jooc, alëth kuöth kä aa ce lac thiaaŋ, ka yeen cöl rot a kŋ gäm kë ba la them ba tïŋ të ye ye laak thïn ku kär.

### YEŊA YE N KÄ KÖK YE THIU THAR DÖÖC YÖÖC?

Kä kök ye thiu thar dööc aa wëu juäac nyaai ku yön juäac yiic ee raan yen kä ke yöc.

Na ye raan cï thiu thar du nyin dït tet dööt, ku ye raan wën lëu bë kony, ka Aguir ë Wëu ë Kuöny ë Thiu Thar Baai Australia a kony yïin wëu abëk ba kä kök ye thiu thar dööc yöc.

Amatnhom ë Wël Koc Tŋ a leŋ aguir deen töu yen koc kony ku a lëu bïk yï kony të muk yin kan alöök wälä kan yertuur.





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.

Aya, akumaa ë bëëykor kök aa köc thäär thiu kony, gut kuöony ë kä kök ye thiu thar döc. Kony-kony aa tæk yiic bëi kor yiic, ku tekdä ka raan a bë kanj caath, ku piöc ku jol kony.

Yön juääc yiic, ee raan cë wël kiiim kuen, raan cit akim wälä akuönyakim ë thiu thar, yen a bi dhiel kony ba kuöony ë wëü kën yök.

Na yup Telepun kuöony ë köc ce læc guum, ka yin a lëu bë yi wëët biäk konykoony ë thiu thar wën lëu ba ke yök.

WIC KUÖONY

Mathaat akim ci piöc aabi tö na yi ayup telepun Kuöony Baai käk thiu thar ee nimra këneic tök, bët, gueu, diäk, diäk, gueu, dhetem, dhetem\*/ 1800 33 00 66\* (aköl Tök agut aköl Dhiëc ee Läätic (Monday- Friday) kaam thaa bët nhiäk-duur (8am) ku thaa bët thëei (8pm) ee thaa koc Australia ciën Ciëen) aye gam koc abec:

- Läk/Wël;
- Wëët; ku
- Athör thiin ë læk.

Na yin acie njec jam thonj English apieth ka yin alëu ba telpun luoi ye koc Kuony wër thokic yuöp. Col nimra këne tök diäk, tök, njan, dhiëc/13 14 50. Tuenjic, abi raan konj dhuk nom ee thonj English, luel thonjduön ee yin jam ku tiëët ee telepunic. Yin abi tuööm thok kek raan koc waar thook/duwër jam thuoñdu, ku jal kek læk wëtduön wic ee yin koc Baai Kuöony Käk thiu thar yuöp ee nimra këneic tök, bët, gueu, diäk, diäk, gueu, dhetem, dhetem/ 1800 33 00 66. Tiëët ee telepunic ku bi yi gam ku duwër abi kony ba jam kek mathaat akim koc læk. Telepun duwër aye koc yup thin abec/majan ee rin cin en wëu ye wic tënë yin. Kek wël ëbën aye thiaan yiic.

Nem thioInyin eet bladderbowel.gov.au wulë continence.org.au/other-languages (thok-thok kök yiic)

\* Yup mobaalic ee wëu cam təcit cöt baai ëtën.

