



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.

WHAT ARE YOUR CHOICES?

The check up is painless and you have some choices about how the check up is done.

Every person has a right to a private and personal check up that respects their needs and wishes. People also have a right to say "no" to the check up or to any other care.

In some places, there are special clinics for men only or for women only. If you want a man or a woman to do your check up, ask for this when you make an appointment for your check up.

Many clinics can make plans for an interpreter (the same sex if you need it), at no cost to you. Check with your local health centre. You can take a family member or friend with you, if that helps you feel better about the check up.

WHAT DO YOU NEED TO DO BEFORE THE CHECK UP?

You may need to keep a bladder chart before the check up. The bladder chart may look like this:

Table with 3 columns: Time, Amount Passed, Comments. Rows include 5:00am (250 ml, leaked), 7.30am (70 ml, burning), 9.15am (160 ml, pain).

In the comments, you can write down any leaks you have had or other problems.

လံာ်စိတဘၣ်အံၤမ့ၢ်ဒ်သိးကမၤစၢၤပျၢတဖၣ်လၢကသ့ကတီၤအသးလၢကမၤကွၢ်သမံသမိးဆံၣ်အအတၢ်ဟ့ၣ်ကီၤအသးအဂီၢ်န့ၣ်လီၤ.

ဆံၣ်အအတၢ်ဟ့ၣ်ကီၤအသးတၢ်သမံသမိးအံၤပၣ်ယုၣ်တၢ်သံကွၢ်တနီၤဒီးနီၢ်ခိတၢ်မၤကွၢ်လၢတၢ်မၤအိၤလၢကသံၣ်သရၣ်မ့တမ့ၢ်ဆူၣ်ချ့ ပျၢမၤတၢ်ဖိလၢဖျိတီၤပတီၢ်တဖၣ်န့ၣ်လီၤ.တၢ်မၤကွၢ်အံၤကမၤစၢၤဝဲဒ်သိးကထံၣ်န့ၢ်ဆံၣ်အအိၣ်တၢ်ဂ့ၢ်ကီၤလၢအိၣ်ဒီးန့ၢ်ဒီးကထံၣ်အသးလၢမနုၤအဂ့ၢ်လဲၣ်လီၤ.ကမၤစၢၤစ့ၢ်ကိးန့ၢ်ဒ်သိးန့ၢ်ကသ့ကတီၤကျဲၤကျဲၤအဂ့ၢ်ကတၢ်တဘိၣ်ဒ်သိးန့ၢ်ကွၢ်ထွဲကတီၤတၢ်ဂ့ၢ်ကီၤအံၤကသ့ဝဲန့ၣ်လီၤ.

နတၢ်ယုထာတဖၣ်မနုၤလဲၣ်.

တၢ်မၤကွၢ်အံၤတဆူးဆါဝဲဘၣ်ဒီးနတၢ်ယုထာအိၣ်စ့ၢ်ကိးဝဲလၢတၢ်ကမၤကွၢ်အိၣ်ဒ်လဲၣ်အဂီၢ်လီၤ.

ပျၢကိးဂၤဒီးအိၣ်ဒီးတၢ်ခွဲးတၢ်ယၢ်လၢကမၤကွၢ်အသးလၢတၢ်ခူသ့ၣ်အပူၤဒီးအနီၢ်ကစၢ်ဒၣ်ဝဲတၢ်မၤကွၢ်အဂီၢ်လၢတၢ်ကဟ်လုၢ်ဟ်ပျၢ.အဝဲသ့ၣ်တၢ်လိၣ်ဘၣ်မိၣ်န့ၢ်သးလိတဖၣ်န့ၣ်လီၤ.ပျၢတဖၣ်အတၢ်ခွဲးတၢ်ယၢ်အိၣ်စ့ၢ်ကိးလၢကတဲ(တမၤဘၣ်)လၢကမၤကွၢ်အသးမ့တမ့ၢ်တၢ်ကူစါယါဘျါလၢအဂၤတဖၣ်န့ၣ်လီၤ.

လၢတၢ်လီၢ်တနီၤအပူၤ.ဆူၣ်ချ့ တၢ်မၤကွၢ်အလီၢ်လီၤဆိလၢပိာ်ခွါအဂီၢ်ခိမ့တမ့ၢ်ထဲပိာ်မ့ၣ်အဂီၢ်ခိအိၣ်ဝဲလီၤ.နမ့ၢ်အဲၣ်ဒီးပိာ်မ့ၣ်မ့တမ့ၢ်ပိာ်ခွါအတၢ်မၤကွၢ်အသးန့ၣ်.ယုလၢပျၢကကျဲၤန့ၢ်န့ၢ်န့ၢ်ဆဲးကျိးအဝဲသ့ၣ်လၢကသ့ၣ်န့ၢ်ဖးသီလၢနကလဲၤမၤကွၢ်နသးအဂီၢ်တက့ၢ်.

ဆူၣ်ချ့ တၢ်ကွၢ်ထွဲအလီၢ်အါတီၤရဲၣ်ကျဲၤန့ၢ်န့ၢ်ပျၢကတီၤကျိးထံတံဖိ(မ့ၣ်ခွါဒ်သိးဒီးန့ၢ်သ့ဝဲန့ၣ်လိၣ်ဘၣ်အသိး),တလၢကဘျီလၢကစ့ၢ်ဘၣ်လီၤ.ယုထံၣ်သ့ၣ်ညါအါထီၣ်ဝဲန့ၣ်လီၤကဝီၤအပူၤဆူၣ်ချ့အလီၢ်တက့ၢ်.ဝဲတၢ်မၤကွၢ်အကတီၢ်န့ၣ်လဲၤကိးယုၣ်န့ၣ်ဟံၣ်ဖိယီဖိမ့တမ့ၢ်နတၢ်သကိးသ့ဝဲ.တၢ်အံၤမ့ၢ်မၤစၢၤန့ၢ်သးပျၢန့ၣ်လီၤ.

တချးနမၤကွၢ်ဒီးနသးအခါနကဘၣ်မၤတၢ်မနုၤလဲၣ်.

နကဘၣ်အိၣ်ဒီးတၢ်မၤနီၣ်မၤယါတၢ်ဟ်ကီၤလၢနဆံၣ်ဆါအဂီၢ်တချးနမၤကွၢ်ဒီးနသးအခါလီၤ.တၢ်မၤနီၣ်မၤယါအံၤလီၤကံၤဒ်သိးအံၤလီၤ.

Table with 3 columns: တၢ်ဆၢကတီၢ်, ဆံၣ်ဆါအိၣ်ထဲလဲၣ်, တၢ်ဟ်ဖျါ. Rows include 5:00 (250 ml, leaked), 7.30 (70 ml, burning), 9.15 (160 ml, pain).

ဝဲတၢ်ဟ်ဖျါအလီၢ်န့ၢ်.နကွဲးနီၣ်လီၤကယဲၢ်နဆံၣ်ပိာ်ဘၣ်နသးထဲလဲၣ်ဒီးတၢ်ဂ့ၢ်ကီၤအဂၤတဖၣ်.





To measure the amount of urine you pass, put a container (like an ice cream container) between your legs in the toilet. Now sit on the toilet and relax, with your feet on the floor. Pass urine into the container. When you have finished, measure the urine by tipping it into a measuring jug. Men may want to stand and pass urine directly into a measuring jug.

Absorbent pads might be used to work out how much urine you leak over one or two days. You can do this by weighing a dry pad in a plastic bag then weighing the wet pad in a plastic bag and taking the weight of the dry pad away from the wet pad. You can see how much you have leaked because each gram equals one millilitre.

Like this:

Wet pad	400 grams
Dry pad	150 grams
Weight difference	250 grams
Amount leaked =	250 mls

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:

- 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.
- How much alcohol or caffeine do you drink? Drinking lots of alcohol or caffeine based drinks like coffee and cola drinks may upset the bladder.
- Are you constipated? Bowel problems can weaken the pelvic floor muscles and can upset the bladder.
- Do you have any "accidents" or leaks from your back passage? Weak pelvic floor muscles can mean you have unplanned loss of wind or bowel motion.
- (If you are a woman) Do you have any children? Pregnancy and having babies can change bladder control.
- (If you are a woman) Are you going through menopause? Hormone changes can make bladder problems worse.

လၢကထိၣ်ကွၢ်နဆံၣ်ထံအိၣ်ထဲလဲၣ်အဂီၢ်,ဟံယာ်တၢ်အတဖျၢၣ်(လၢအလီၤကိၣ်ဒီးအါစၢ်ဒါအအ)လၢနခိၣ်ခံခိကဆူးဖဲတၢ်ဟးလီၤအပူၤတက့ၢ်.ဝံဆ့ၣ်နီၤလၢတၢ်ဟးလီၤအပူၤဒီးအိၣ်ဒီးအီၤ,ညိၣ်လီၤနခိၣ်လၢတၢ်ခါခိၣ်တက့ၢ်.ဆံၣ်ဆါလီၤလၢတၢ်အအပူၤတက့ၢ်.ဖဲနမၤဝံအလီၤခံ,ထိၣ်ကွၢ်နဆံၣ်လၢနကထၢနအီၤလၢတၢ်ထီၣ်ဆံၣ်အအပူၤတက့ၢ်.ပိၣ်ခါတဖၣ်ကဆဲၣ်ဒီးဆၢထၢၣ်ဒီးဆံၣ်ဆါလီၤလီၤလီၤလၢတၢ်အအပူၤန့ၣ်လီၤ.

နကဘၣ်စူးကါတၢ်ကံးယာ်လၢအစ့ၢ်ထံန့ၢ်တခါဒ်သီးနကသ့ၣ်ညါဘၣ်လၢနဆံၣ်ပြံးဘၣ်နသးအိၣ်ထဲလဲၣ်လၢတသီမ့တမ့ၢ်ခံသီအတီၢ်ပူၤန့ၣ်လီၤ.နမၤတၢ်အံၤသ့လၢနကစီၤကွၢ်တၢ်ကံးယာ်အယုထီတက့ၢ်အံၤလၢတၢ်အပူၤဝံစီၤကွၢ်တၢ်ကံးယာ်ဘၣ်စီၣ်တက့ၢ်အံၤလၢတၢ်အပူၤဝံထုးထီၣ်ကွၢ်တၢ်ကံးယာ်အယုထီတခါအံၤဆူအဘၣ်စီၣ်အအိၣ်တက့ၢ်နကထံၣ်ဘၣ်လၢနဆံၣ်ထံပြံးဘၣ်အသးအိၣ်ထဲလဲၣ်ခိဖျိတကြၢၢ်ကထဲသီးဒီးတမံလံလံထၢၣ်န့ၣ်လီၤ.

လီၤကိၣ်ဒ်အံၤအသး...

တၢ်ကံးယာ်လၢအဘၣ်စီၣ်အိၣ်ဝဲ	400	ကြၢၢ်မံ
တၢ်ကံးယာ်ယုထီတက့ၢ်အိၣ်ဝဲ	150	ကြၢၢ်မံ
အတယၢ်လီၤဆိလိာ်အသး	250	ကြၢၢ်မံ

ဆံၣ်ထံလၢအပြံးဘၣ်အသးအိၣ်ဝဲ = 250 မံလံလံထၢၣ်

တၢ်မနုၤကကဲထီၣ်အသးဖဲတၢ်မၤကွၢ်အကတီၢ်လဲၣ်.

ဖဲတၢ်မၤကွၢ်အကတီၢ်,တၢ်ကသံကွၢ်န့ၢ်ဘၣ်ယးနအိၣ်တၢ်အိတၢ်,နတယၢ်ယး,နတၢ်အိၣ်ဆူၣ်အိၣ်ချ့လၢအပူၤကွၢ်ဒီးအခဲအံၤအဂီၢ်အကွၢ်.တၢ်ကသံကွၢ်စ့ၢ်ကိးန့ၢ်လၢ...

- နအိကသံၣ်မ့တမ့ၢ်ဘံၤတၢ်မံတမံမံမံ.ကသံၣ်ကဒုးကထီၣ်တၢ်လီၤဆိလၢဆံၣ်အဒီးနဟၢအမၤတၢ်အဂီၢ်လီၤ.မၤနီၣ်မၤယါကယဲၢ်ကသံၣ်ကသီခဲလၢလၢနအိအီၤတဖၣ်,တမ့ၢ်ထဲကသံၣ်သရၣ်န့ၣ်လီၤန့ၢ်ဘၣ်.
- နအိသံးမ့တမ့ၢ်ခဲဖုနအံၤထဲလဲၣ်.နအိသံးမ့တမ့ၢ်ခဲဖုနအထံလၢအပုၤဃုာ်ဒ်ကဖံးဒီးခိခါခိလၢထံတဖၣ်မၤဟးဂီၤပဟၢအသ့လီၤ.
- နဟၢအကွၢ်မၤ.ဟၢအတၢ်ဂ့ၢ်ကိအံၤဒုးစၢ်လီၤခံတက့ၢ်န့ၢ်ယံအထူၣ်အပျၢ်တဖၣ်ဒီးမၤဟးဂီၤပဆံၣ်အသ့လီၤ.
- နဆံၣ်ဖျိးထီၣ်ဖုး“သတျၢ်ကလၢ”မ့တမ့ၢ်ပြံးထီၣ်အသးလၢဆံၣ်ကွၢ်လၢလီၤခံတပၤအိၣ်စ့ၢ်မၤ.ခံတက့ၢ်ယံအထူၣ်အပျၢ်လၢအစၢ်တဖၣ်ဒုးကထီၣ်ကလံလၢလၢထူးထီၣ်ဖုးလၢတၢ်တဟ်သ့ၣ်ဟံသးအပူၤမ့တမ့ၢ်ကထီၣ်တၢ်ဟၢအလူသ့ဝဲလီၤ.
- (နမ့မ့ၢ်ပိၣ်မ့ၣ်သၢပူၤ)နဖိအိၣ်တက့ၢ်စ့ၢ်မၤ.တၢ်အိၣ်ထီၣ်ဟုးသးဒီးတၢ်အိၣ်ဒံၣ်အိၣ်ဖိအံၤဆိတလဲဆံၣ်အတၢ်ဟ့ၤကီၤအံၤသ့ဝဲန့ၣ်လီၤ.
- (နမ့မ့ၢ်ပိၣ်မ့ၣ်န့ၣ်)နဟုးသးကတၢ်လံမၤ.နီၢ်ခိဟံၣ်မိနဲထံအတၢ်ဆိတလဲအသးတဖၣ်ဒုးကထီၣ်ဆံၣ်အတၢ်ဂ့ၢ်ကိအါထီၣ်ဝဲန့ၣ်လီၤ.





These are some of the tests that could be used for you bladder control check up:

- Physical check, which may include a front and back passage check (if you say this is okay).
- Urine sample may be taken for testing.
- Blood test may be taken for diabetes or prostate problems.
- Urodynamics test is a special check to show how your bladder works.
- Ultrasound check may be done if more needs to be known about 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?

It is your right to choose whether or not to have any test.

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.

တၢ်သ့ၣ်တဖၣ်အံၤမ့ၢ်တၢ်မၤကွၢ်တနီၤလၢနစူးကါအီၤလၢနတၢ်ကီၤဆံၣ်အတၢ်မၤကွၢ်အဂီၢ်သ့ၣ်န့ၣ်လီၤ.

- မိၢ်ပှ်တၢ်မၤကွၢ်, လၢကပၣ်ယုၣ်ဆံၣ်ကျိၤလၢအမဲၣ်ညါဒီးအလီၢ်ခံတၢ်မၤကွၢ် (ဖဲနဟ့ၣ်အီၤအခွဲးအခါ).
- တၢ်ဟံးန့ၣ်ဆံၣ်ထံအဒိလၢတၢ်ကမၤကွၢ်အီၤအဂီၢ်.
- တၢ်ကမၤကွၢ်သ့ၣ်လၢသ့ၣ်ဆၢဒီးပိၣ်ခါအထံတၢ်ဂ့ၢ်ကီၤတဖၣ်.
- တၢ်မၤကွၢ်ဆံၣ်အလီၢ်အံၤမ့ၢ်တၢ်မၤကွၢ်လီၤဆိတခါလၢကဒူးန့ၣ်ဖျါဖဲနဆံၣ်အလီၢ်မၤတၢ်ဒ်လဲၣ်အဂီၢ်လီၤ.
- တၢ်ကဘၣ်မၤတၢ်ဒိကွၢ်နီၢ်ခိကွၢ်ဂိၤဖွဲ (အၤလံၤထြးစီၣ်န့ၣ်)ဒ်ဖဲတၢ်ကသ့ၣ်ညါအါထီၣ်ဘၣ်ယးနဆံၣ်အမၤတၢ်ဒ်လဲၣ်အဂီၢ်လီၤ.

သ့ၣ်နီၣ်ထီၣ်

တၢ်မၤကွၢ်တမံၤလၢလၢတၢ်ကမၤကွၢ်န့ၣ်တဖၣ်, နသံကွၢ်န့ၣ်သ့...

- မတၤကမၤမၤန့ၣ်န့ၣ်လဲၣ်.
- တၢ်ကမၤအီၤဒ်လဲၣ်.
- တၢ်မၤကွၢ်အံၤကဲဘျုးဒ်လဲၣ်.

မ့ၢ်ဒ်နတၢ်ခွဲးတၢ်ယၢ်လၢနကယုၣ်ထၢလၢနကမၤကွၢ်ခါတမၤဘၣ်လဲၣ်အဂီၢ်န့ၣ်လီၤ.

ယုၣ်ထံၣ်န့ၣ်တၢ်မၤစၢ

နးစံလၢဖျိတီၤပတီၢ်တဖၣ်အိၣ်ဝဲဖဲနဆဲးကျိး **National Continence Helpline** ဖဲ **1800 33 00 66** (မုၢ်ဆၢၣ်တုၤမုၢ်ဖိဖး, စးထီၣ်ဂီၤ 8.00တုၤ8.00န့ၣ်ရံၢ်ဟါအိးစၢထြးလိယၢ် မုၢ်ထီၣ်တၢ်ဆၢကတီၢ်အသး) လၢတလၢစ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်ကျိၤ
- တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးဒီး
- လိာ်ဘိးဘၣ်ရုၤလီၤကဘျုးတဖၣ်.

နမ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကီၤလၢနကတၢ်မုတမ့ၢ်န့ၣ်ဟံးအဲကလံးကျိၣ်တခိနဒီးန့ၣ်တၢ်မၤစၢအကျိၤအကျိၤခိဖျိကျိးထံလီၤတဲစိအကျိၤလၢတလၢစ့ဘၣ်သ့ဖဲ **13 14 50**န့ၣ်လီၤ. ပုၤဖျိလီၤတဲစိတဖၣ်ကကတၢ်တၢ်ဒီးန့ၣ်လၢအဲကလံးကျိၣ်, အယိကတၢ်ဖျါထီၣ်ကျိၣ်လၢနကတၢ်အီၤဝဲအိၣ်ခိးအီၤတက့ၢ်. တၢ်ဆဲးကျိးန့ၣ်န့ၣ်အူပုၤကျိးထံတၢ်ဖိလၢကတၢ်န့ၣ်တက့ၢ်အအိၣ်န့ၣ်လီၤ. တဘၣ်ပုၤကျိးထံတၢ်ဖိတလၢကကိးန့ၣ်န့ၣ် **National Continence Helpline** ဖဲ **1800 33 00 66**တက့ၢ်. အိၣ်ခိးကန့ၣ်လီၤတဲစိတုၤတၢ်ဆဲးကျိးန့ၣ်န့ၣ်လၢတစုဒီး ပုၤကျိးထံတၢ်ဖိကမၤစၢန့ၣ်လၢနကကတၢ်ဘၣ်တၢ်ဒီးန့ၣ်စဲမုၢ်လၢကဟ့ၣ်ကူၣ်န့ၣ်ဘၣ်ယးတၢ်ကီၤဆံၣ်တၢ်ဟ့ၣ်ကူၣ်ဟ့ၣ်ဖးတက့ၢ်န့ၣ်လီၤ. လီၤတဲစိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ဟံးအီၤလၢတၢ်ရုၤသ့ၣ်န့ၣ်လီၤ.

ကွၢ်ဘၣ်ဖဲ bladderbowel.gov.au မုတမ့ၢ် continence.org.au/other-languages တက့ၢ်.

* တၢ်ဆဲးကျိးခိဖျိလီၤတဲစိစိစ့တဖၣ်တၢ်ယုၣ်အပူၤဒ်တၢ်ဟံးပနီၣ်အိၣ်အသးန့ၣ်လီၤ.

