



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.

ပိၣ်ခါတၢ်ကီၤအံၤလဲၤက့ၢ်မ့ၢ်န့ၣ်, အခိၣ်ထၢၣ်တဖၣ်အံၤတၢ်ကစုးကါပၣ်သ့ၣ်အိၣ်လၢအကူကၢၤဖိလၢန့ၣ်လီၤ. တၢ်ဖျိၣ်ပိၣ်အံၤတၢ်ကစုးဘုးတၢ်အိၣ်အိၣ်ထၢၣ်လၢအတြီၢ်ခံလံထၢၣ်တဖၣ်ဒ်သိးကဟ်ဖျိၣ်ဆၢၣ်ထံဒိတန့ၣ်က့ၢ်အဂီၢ်န့ၣ်လီၤ. ဖံးဘၣ်တၢ်အိၣ်သးတဖၣ်နထံၣ်အိၣ်ဖျါသ့ၣ်ဒိဖျါရီၣ်ဘၢကဘျၢလၢအဖျါဆဲၣ်ဝဲအစးထီၣ်မၤတၢ်အခါန့ၣ်လီၤ. ထၢၣ်လၢတၢ်ဆဲးဘုးတၢ်လီၤအသးဒီးတၢ်ဖျိၣ်အံၤကဘၣ်အိၣ်ဒီးဆၢၣ်ပိၣ်ဘိလၢအလီၤဒ်သိးပပျဲဆၢၣ်ထံယုၤန့ၣ်လီၤလၢထၢၣ်ပူၤလၢတဘျၢယုၤလီၤလၢအလီၤခံတပၤလၢတၢ်ဖျိၣ်အပူၤဒ်သိးကလီၤက့ၢ်အဂီၢ်လီၤ. ထၢၣ်လၢတၢ်ထီၣ်ထီၣ်အိၣ်လၢခိၣ်လီၤတဖၣ်အံၤတၢ်ကဘၣ်စယၢ်အိၣ်လၢခိၣ်ကိၣ်န့ၣ်လီၤမ့ၢ်တဖၣ်သ့ၣ်လီၤလၢအပၣ်ယုၤဒီးအပူၤဒီးအထၢၣ်ဒၣ်ဝဲလၢကလီၤကအိၣ်တဖျါအယၢ်ထလၢတုၤတၢ်ဖျိၣ်ကလီၤတၢ်အဂီၢ်ဘၣ်လီၤ.

တၢ်ပိးတၢ်လီအကတဖၣ်လၢကမၤစၢၤထီၣ်တၢ်ဟးလီၤအဂီၢ်

တၢ်ဆၢၣ်အသးဒီးဆၢၣ်အပိး (ပိၣ်ခါဒီးပိၣ်မ့ၢ်)အဂီၢ်တၢ်စုးကါအိၣ်လၢန့ၣ်ကဘၣ်ခံလီၤဒ်န့ၣ်ထီၣ်ဘိအဂီၢ်လီၤ. တၢ်ပိးတၢ်လီလၢအိၣ်ဒီးအခိၣ်တကလုၢ်လၢတၢ်ပၣ်အိၣ်လၢမံကယၢ်မ့ၢ်န့ၣ်မၤစၢၤန့ၣ်သ့ၣ်န့ၣ်ကလဲၤထီၣ်တၢ်ဟးလီၤတသ့အခါလီၤ. တၢ်ဟးလီၤခံဆၢၣ်နီၤလၢတၢ်မၤကစိထီၣ်အိၣ်တဖၣ်ဒီးလီၤဆၢၣ်နီၤလၢတၢ်သုးအိၣ်ဆူတၢ်ဟးလီၤတဖၣ်မၤစၢၤန့ၣ်သ့ၣ်န့ၣ်လၢတၢ်ဟးလီၤခွးလၢတၢ်တုၤအိၣ်ဖျိၣ်တဖၣ်တသ့ၣ်အခါလီၤ.

ဖဲနကယုထၢတၢ်ကီၤအ့ၢ်ဆၢၣ်တၢ်ပိးတၢ်လီတဖၣ်အံၤအခါန့ၣ်ဆိမိၣ်ထီၣ်တၢ်မန့ၣ်လဲၣ်.

တၢ်ပိးတၢ်လီလၢအဂ့ၢ်ကတၢ်မ့ၢ်ဝဲတၢ်လၢအမၤတၢ်ဂ့ၢ်ကတၢ်, ဘၣ်န့ၣ်မ့ၢ်ဒီးမၤစၢၤန့ၣ်ဒ်သိးနလဲၤထီၣ်က့ၢ်လီၤဒ်ညီၣ်န့ၣ်အသိးကသ့အဂီၢ်လီၤ...

1. နတၢ်ကီၤအ့ၢ်ဆၢၣ်တၢ်ဂ့ၢ်ကီၤလၢန့ၣ်ကစၢ်တစၢ်အဂီၢ်

နတၢ်ယုထၢထီၣ်တၢ်ပိးတၢ်လီတခါအံၤကဒီးသန့ထီၣ်အသးလၢန့ၣ်ကစၢ်တၢ်ကီၤန့ၣ်အပတီၢ်ဆဲးအိၣ်အဖိခိၣ်တဘျီလၢလၢန့ၣ်လီၤ. ယုထၢတၢ်ဘိၣ်ခံတကလုၢ်လၢကကၢယၢ်ဆၢၣ်ထံလၢန့ၣ်ဆၢၣ်ဆါအိၣ်ထဲလဲၣ်ဒီးဆိတလဲအိၣ်ဖဲအဘၣ်စီၣ်အခါန့ၣ်တက့ၢ်. တၢ်အံၤဂ့ၢ်ဒိၣ်လၢန့ၣ်ဒီးအပူၤဘၣ်ဝဲဒိၣ်န့ၣ်ဒီးနဟ်ယးခံဘိၣ်လၢအဘၣ်စီၣ်လၢန့ၣ်ရံၣ်အါဝဲအတီၢ်ပူၤတဘျၢဒ်လီၤ. က့ၢ်ကတၢ်ဘိၣ်ခံလၢဘၣ်စီၣ်ဒီးဆၢၣ်ထံဒီးအ့ၢ်တဖၣ်ဒုးကဲထီၣ်ဘၣ်သးကုသးဒီးဆၢၣ်ယၢ်သ့ၣ်န့ၣ်လီၤ. ယုထၢတၢ်ဘိၣ်ခံတကလုၢ်လၢတအိၣ်ဒီးဖလးစတံးကးဘၢအလွဲၢ်တဖၣ်လၢကစဲဘုးဆူက့ၢ်လၢအလွဲၢ်တဖၣ်အလီၤမ့ၢ်တမ့ၢ်ကသိၣ်သဲဖဲနဟူးဂဲအခါန့ၣ်တက့ၢ်.

2. နတၢ်အိၣ်မုၢ်လၢကိးနံၤဖဲးအပူၤ

နီၣ်ကစၢ်တၢ်လိၣ်ဘၣ်လၢတၢ်မၤဟံၣ်ဒီးတၢ်ရၤတံၤရၤသကိးအပူၤတဖၣ်ကဟ့ၣ်ဒုးန့ၣ်န့ၣ်လၢန့ၣ်ကတၢ်ယုထၢတၢ်ပိးတၢ်လီတဖၣ်သ့ၣ်န့ၣ်လီၤ. တၢ်ကီၤအ့ၢ်ဆၢၣ်ပူၤဟ့ၣ်ကူၣ်တၢ်တဖၣ်ကဟ့ၣ်ကူၣ်န့ၣ်လၢန့ၣ်ဘၣ်ယုထၢတၢ်ပိးတၢ်လီလီၤဆိမိၣ်လဲၣ်တကလုၢ်ဖဲနလိၣ်ကွဲတၢ်လိၣ်ကွဲမ့ၢ်လဲၤထီၣ်က့ၢ်လီၤတၢ်လီၤလၢအယံၤတဖၣ်အဂီၢ်လီၤ.





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. နတၢ်လဲထီၣ်က့ၢ်လီၤ

တၢ်ပိးတၢ်လီအါကလုာ်အံၤအိပညီမ့ၢ်ဝဲလၢနကဘၣ်ဆိမိၣ်ထီၣ်နလုာ်လၢဒီးတၢ်သ့တၢ်ဘၣ်လၢနကယုထာတၢ်ပိးတၢ်လီအဂ့ၢ်ကတၢ်လၢနတၢ်ဂ့ၢ်ကိအဖိခိၣ်န့ၣ်လီၤ. အဒိဒ်သိးနကလဲထီၣ်တၢ်ဟးလီၤကသ့ညီအဂီၢ်, မ့တမ့ၢ်နကဆိတလဲနခံဘိၣ်တဖၣ်ကညီဝဲ,တၢ်တဖၣ်အံၤကမၤစၢနဒ်သိးနကသ့ယုထာတၢ်ပိးတၢ်လီလၢအကြးဒီးနကတၢ်ကသ့ဝဲအဂီၢ်လီၤ.တၢ်ပိးတၢ်လီအကလုာ်အိၣ်ဝဲအါမးဒီးအကျိတခါကကြးဝဲလၢနဂီၢ်လီၤ.

4. တၢ်လီၤလၢနထံၣ်န့ၣ်တၢ်ပိးတၢ်လီသ့တဖၣ်

တၢ်ကီုအ့ၣ်ဆံၣ်တၢ်ပိးတၢ်လီတဖၣ်နလုာ်ယုပုၤန့ၢ်အိၤလၢကျးဖးဒိၣ်အပူၤဒီးကသံၣ်ကျးအပူၤသ့ဝဲ,ဝဲပုၤတနီၤကပုၤဝဲလၢပုၤဆါကသံၣ်ကသိးပိးတၢ်လီတဖၣ်အအိၣ်လီၤလီၤသ့ဝဲလီၤ.နကလီၣ်ဘၣ်ပုၤလၢအနၢ်ဟံၣ်သ့ဘၣ်လီၤဆိတကလၢကမၤစၢနတၢ်ယုထာလၢအဘၣ်အဂီၢ်လီၤ.ဆဲးကျိး National Continence Helpline (လၢတလၢန 1800 33 00 66) ဒ်သိးကဟ့ၣ်ထီၣ်တၢ်ဟ့ၣ်က့ၢ်ဟ့ၣ်ဖးတဖၣ်မ့တမ့ၢ်ကဆဲးကျိးန့ၢ်ဒီးတၢ်ကီုအ့ၣ်ဆံၣ်ပုၤဟ့ၣ်က့ၢ်တၢ်ဖိတကသ့ဝဲလီၤ.

5. တၢ်က့ၢ်အိၤအလီၤ

တၢ်ပိးတၢ်လီလၢတၢ်ကဘၣ်တၢ်က့ၢ်အိၤဖဲနစ့ၢ်ကါဝံၤတဖၣ်တၢ်တၢ်က့ၢ်အိၤဆူဟံၣ်ယိတၢ်ကမ့ၢ်အပူၤဒ်ညီန့ၢ်အသိးသ့ဝဲလီၤ.တၢ်ကီုအ့ၣ်ဆံၣ်တၢ်ပိးတၢ်လီတဖၣ်အံၤလုၢ်တက့ၢ်တဘၣ်ဆဲးမ့ၢ်န့ၢ်လီၤ.ဆူတၢ်အ့ၣ်ဆါလီၤခွးပူၤဒီးထံတဂ့ၢ်.

6. က့ၢ်လၢနကဘၣ်သ့ကဆိအိၤ

တၢ်ပိးတၢ်လီလၢနစးကဒါက့ၢ်အိၤသ့တဖၣ်ဝဲန့ၢ်လၢနကဘၣ်သ့ကဒါက့ၢ်အိၤဒ်လဲၣ်ဖဲနပုၤ.အိၤအခါလီၤ.နစးဆ့ၣ်တၢ်ဒီးစးမၤသ့ထီၣ်က့ၢ်ကၤ.မ့တမ့ၢ်တၢ်လီၤလီၤက့ၢ်အိၤအလီၤလၢတၢ်ခါလၢနဖိၣ်အိၤတုၤညီမ့ၢ်တအိၣ်န့ၣ်တဘၣ်စ့ၢ်ကါတၢ်ပိးတၢ်လီတၢ်သ့က့ၢ်အိၤသ့ဝဲအံၤသိးတဖၣ်တဂ့ၢ်.ခိဖျိအဝဲသ့ၣ်သဝံးထံန့ၢ်အယိကယုထီထီၣ်အဂီၢ်တၢ်ဆါကတီၢ်ယံၣ်န့ၢ်ဒ်က့ၢ်အိၤလီၤဒီးလီၤဒါလၢအဂၤတဖၣ်ဒ်ဒ်. အယိယုန့ၢ်အိၤလၢနကမၤက့ၢ်အိၤအဂီၢ်တက့ၢ်.

တၢ်ကီုအ့ၣ်ဆံၣ်တၢ်ပိးတၢ်လီတဖၣ်အံၤမတဂၤကဟ့ၣ်အလုၢ်အပုၤလဲၣ်.

တၢ်ကီုအ့ၣ်ဆံၣ်တၢ်ပိးတၢ်လီတဖၣ်အံၤအပုၤဒိၣ်ဝဲဒီးအါတက့ၢ်နကဘၣ်ဟ့ၣ်လၢအလုၢ်အပုၤနကစၢ်ဒၣ်န့ၣ်လီၤ.

နမ့ၢ်အိၣ်ဒီးတၢ်ကီုအ့ၣ်ဆံၣ်တၢ်ဂ့ၢ်ကိလၢအနးတချုးတဖၣ်, ဒီးနကြးဒီးန့ၢ်ဘၣ်နဲတၢ်မၤစၢသ့တနီၤ, ကီၢ်ပုၤတၢ်ကီုအ့ၣ်ဆံၣ်တၢ်မၤစၢရဲၣ်က့ၢ် (National Continence Aids Payment Scheme) မၤစၢန့ၢ်လၢတၢ်လၢာ်ဘျုးလၢာ်စ့ၢ်လၢစ့ၢ်လၢတၢ်ကီုအ့ၣ်ဆံၣ်တၢ်ပိးတၢ်လီအလုၢ်အပုၤသ့ဝဲတနီၤန့ၣ်လီၤ.

Department of Veterans' Affairs စ့ၢ်ကိးက့ၢ်ထွဲမၤစၢတၢ်မၤဂ့ၢ်ထီၣ်က့ၢ်နီၢ်ခိက့ၢ်ဂိတၢ်ရဲၣ်က့ၢ် Rehabilitation Appliances Program လၢနဒီးန့ၢ်သ့ဝဲနဆိၣ်ဒီး Gold Card မ့တမ့ၢ် White Card လၢတၢ်တူၢ်လီၤအိၤသ့တဖၣ်န့ၣ်လီၤ.





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.

လၢကီုစါ,ဒီးကီုဖိတနီၤနီၤအပူၤစါကီုပဒိၣ်အိၣ်ဒီးတၢ်ဆိၣ်ထွဲမၤစၢၤလၢကမၤစၢၤဆိၣ်ထွဲပူၤလၢအတူၢ်ဘၣ်တၢ်ကီုအ့ၣ်ဆံၣ်,ပၣ်ယုၣ်ဒီးတၢ်ကီုအ့ၣ်ဆံၣ်တၢ်ပိးတၢ်လီတဖၣ်န့ၣ်လီၤ.တၢ်ဆိၣ်ထွဲမၤစၢၤတဖၣ်အံၤကီုစါတဘျီဒီးတဘျီအဘၣ်စၢၤလီၤဆိၣ်လီၤအသး,ဒီးပၣ်ယုၣ်တၢ်သံက့ၢ်သမံသမိးပူၤတဖၣ်,တၢ်က့ၣ်ဘၣ်က့ၣ်သ့ဒီးတၢ်ဆိၣ်ထွဲန့ၣ်လီၤ.

လၢတၢ်ဂ့ၢ်အဂၤတနီၤအဖီခိၣ်,နကလိၣ်ယုထံၣ်တၢ်မၤစၢၤလၢဆူၣ်ချူ မုဒါခိၣ်တဖၣ်အဆိၣ်ဒ်သီးနကသံၣ်သရၣ်,မ့တမ့ၢ်တၢ်ကီုအ့ၣ်ဆံၣ်နးစါပုၤဟ့ၣ်က့ၣ်တၢ်တဖၣ်လၢကသ့ဒီးန့ၢ်တၢ်မၤစၢၤတဖၣ်အံၤကသ့အဂီၢ်လီၤ.

နမ့ၢ်ဆဲးကျိးဒီး **National Continence Helpline** နကဒီးန့ၢ်တၢ်ဟ့ၣ်က့ၣ်ဘၣ်ထွဲဒီးတၢ်ကီုအ့ၣ်ဆံၣ်တဲၤကျိၤတဖၣ်အဆိၣ်လၢနကြးဒီးန့ၢ်သ့တဖၣ်န့ၣ်လီၤ.

ယုထံၣ်န့ၢ်တၢ်မၤစၢၤ

နးစါလၢဖျိတီၤပတီၢ်တဖၣ်အိၣ်ဝဲဝဲနဆဲးကျိး **National Continence Helpline** ဝဲ **1800 33 00 66** (မ့ၢ်ဆၢတုၤမ့ၢ်ဖိဖး,စးထီၣ်ဂီၤ **8.00**တုၤ **8.00**န့ၣ်ရံၢ်အိးစကြၢ်လဲယုၣ် မ့ၢ်ထီၣ်တၢ်ဆၢကတီၢ်အသိး) လၢတလၢစ့ဘၣ်...

- တၢ်ဂ့ၢ်တၢ်က့ၣ်
- တၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးဒီး
- လံာ်ဘိးဘၣ်ရၤလီၤကဘျီတဖၣ်

နမ့ၢ်အိၣ်ဒီးတၢ်ဂ့ၢ်ကီုလၢနကကတီၢ်မ့တမ့ၢ်န့ၢ်ပၢ်အဲကလံးကျိၣ်တခါနဒီးန့ၢ်တၢ်မၤစၢၤအကျိၤအကျိၤခိၣ်ဖျိကျိးထံလီၤတဲမိအကျိၤလၢတလၢစ့ဘၣ်သ့ဝဲ **13 14 50**န့ၣ်လီၤ.ပူၤဖိၣ်လီၤတဲမိတဖၣ်ကကတီၢ်တၢ်ဒီးန့ၢ်လၢအဲကလံးကျိၣ်,အယိကတီၢ်ဖျိထီၣ်ကျိၣ်လၢနကတီၢ်အိၣ်ခိးအိၣ်တက့ၢ်.တၢ်ဆဲးကျိးန့ၢ်နဂီၢ်ဆူပူၤကျိးထံတၢ်ဖိလၢကတီၢ်နကျိၣ်တကအဆိၣ်န့ၣ်လီၤ. တဲဘၣ်ပူၤကျိးထံတၢ်ဖိတဂၤလၢကကိးန့ၢ် **National Continence Helpline** ဝဲ **1800 33 00 66**တက့ၢ်.အိၣ်ခိးကန့ၣ်လီၤတဲမိတုၤတၢ်ဆဲးကျိးန့ၢ်န့ၢ်တဲတဖၣ်ပူၤကျိးထံတၢ်ဖိကမၤစၢၤန့ၢ်လၢနကကတီၢ်ဘၣ်တၢ်ဒီးနးစါမ့ၢ်လၢကဟ့ၣ်က့ၣ်န့ၢ်ဘၣ်ယးတၢ်ကီုဆံၣ်တၢ်ဟ့ၣ်က့ၣ်ဟ့ၣ်ဖးတဂၤန့ၣ်လီၤ. လီၤတဲမိတၢ်ဆဲးကျိးအပူၤတဖၣ်ခဲလၢတၢ်ပာ်အိၣ်လၢတၢ်ရဲသ့ၣ်န့ၣ်လီၤ.

က့ၢ်ဘၣ်ဝဲ bladderbowel.gov.au မ့တမ့ၢ် continence.org.au/other-languages တက့ၢ်.

* တၢ်ဆဲးကျိးခိၣ်ဖျိလီၤတဲမိစိၣ်စ့တဖၣ်တၢ်ယုအပူၤဒ်တၢ်ပနီၣ်ဆိအသိးန့ၣ်လီၤ.

