



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.

L-għan ta' dan il-fuljett hu biex jgħin persuni jlestu għall-eżami mediku tal-kontroll tal-bużżieqa tal-awrina.

Eżami mediku tal-kontroll tal-bużżieqa tal-awrina jinkludi xi mistoqsijiet u eżami fiżiku mit-tabib jew minn ħaddiem ittrenjat tas-saħħa. L-eżami mediku ser jgħin biex jinstabu kwalunkwe problemi tal-kontroll tal-bużżieqa tal-awrina li int għandek u l-kawżi tagħhom. Jista' wkoll jgħin fl-ippjanar tal-aħjar metodu kif timmaniġġja dawn il-problemi. L-iċċekjar tal-bużżieqa tal-awrina huwa mingħajr uġiġħ

X'INHUMA L-GHAŻLIET TIEGHEK?

Kull persuna għandha d-dritt għal iċċekjar privat u personali. Il-ħtiġijiet u x-xewqat tiegħek għandhom ikunu rrispettati. In-nies għandhom ukoll id-dritt li jgħidu 'le' għall-iċċekjar jew għal kull kura oħra. L-għażliet li għandek jinkludu:

- tista' tkun tippreferi raġel jew mara biex jagħmlulek l-iċċekjar. Itlob dan meta tagħmel l-appuntament.
- Jista' jkun hemm interpretu disponibbli għalik. L-interpretu jista' jkun raġel jew mara jekk tippreferixxi. Iċċekkja mas-servizz tas-saħħa tiegħek.
- Tista' tieħu miegħek membru tal-familja jew ħabib/a. Dan jista' jgħinek biex tħossok aħjar dwar l-iċċekjar.

X'GHANDI NAGHMEL QABEL L-EŻAMI MEDIKU?

Tisata' tkun mitlub/a biex iżżomm djarju tal-bużżieqa tal-awrina. Jinħtieġlek iżżom id-djarju talanqas għal tliet jjiem qabel l-iċċekjar. Dan iżżomm il-kors ta' kif taħdem il-bużżieqa tal-awrina tiegħek matul il-jum.

Id-djarju tal-bużżieqa tal-awrina jista' jkun jidher xi ħaġa bħal dan:

Ħin	Ammont imbattal	Kemm kienet qawwija l-urgenza biex tmur?
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

Id-djarju tal-bużżieqa tal-awrina jżomm il-kors ta:

- l-ħin li tmur it-tojlit.
- kemm tgħaddi awrina kull darba.
- kemm kienet qawwija l-urgenza li ħassejt kull darba biex tbattal.





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.

Kif inkejjel l-awrina li nkun għaddejt?

Poġġi kontenitur (bħal kontenitur tal-ġelat) fit-tojlit. Issa oqgħod bilqegħda u rrilassja b'saqajk fuq l-art. Aġħmel l-awrina fil-kontenitur. Imbagħad itfa' l-awrina f'buqar biex tkejjilha. L-irġiel jistgħu jkunu jridu joqogħdu bil-wieqfa u jgħaddu l-awrina direttament fil-buqar tal-kejl.

Kif inqis l-urġenza?

Din iċ-ċart turi kif tuża numru biex tiddeskrivi l-urġenza li tkun ħassejt.

0	L-ebda urġenza.	Ma ħassejtx il-bżonn biex inbattal. Battalt għal raġunijiet oħra. .
1	Urġenza ħafifa.	Stajt inżommha għal ħin twil kemm kien meħtieġ. Ma kelli l-ebda biża li nagħmel taħti.
2	Urġenza moderata.	Stajt inżommha għal ħin qasir. Ma kelli l-ebda biża li nagħmel taħti
3	Urġenza severa.	Ma stajtx inżommha. Kelli nigri lejn it-tojlit. Bżajt li stajt nagħmel taħti.
4	Urġenza inkontinenti.	Qattart qabel ma wasalt it-tojlit.

Kif nikkalkula t-taqtir billi nuża it-Test tal-Piż tal-Pads (Pad Weight Test)?

Dan it-test jgħin biex tikkalkula kemm tqattar awrina matul xi ftit ġranet. Biex tagħmel dan it-test tkun tinħtieġ xi miżien preċiż biex tiżen. Inti tagħmel dan it-test billi:

- tiżen pad nixfa f'borża tal-plastik qabel ma tilbes il-pad,
- imbagħad tiżen il-pad imxarrba f'borża tal-plastik wara li tkun ilbistha, u
- tnaqqas il-piż tal-pad nixfa mill-piż tal-pad imxarrba.

Dan juri kemm tkun qattart għax kull gramma hija ugwali għal ml wieħed.





Like this:

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

Bħal hekk:

Pad imxarrba	400g.
Pad nixfa	150g.
Differenza fil-piż	250g.
Ammont tat-tqattir =	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.

X'SER JIĠRI MATUL L-EŻAMI MEDIKU?

Matul l-eżami mediku, int ser tiġi mistoqsi mistoqsijiet dwar id-dieta tiegħek, il-piż tiegħek, il-passat mediku tiegħek u saħħtek issa. Int tista' tiġi mistoqsi:

- Kif inhu l-fluss tal-awrina tiegħek?
- Kemm-il darba titqajjem bil-lejl bil-ħtieġa biex tmur tbattal il-bużżieqa tal-awrina?
- Qed tieħu xi mediċini jew vitamini? Il-mediċini jistgħu jikkawżaw tibdil kbir fil-mod kif jaħdmu l-bużżieqa tal-awrina u l-imsaren. Agħmel lista tal-mediċini kollha li qed tieħu, mhux biss dawk lit-tabib tiegħek tak bir-riċetta. Innota d-doża li tieħu u kemm spiss teħodhom. Hija idea tajba li tieħu miegħek il-mediċini kollha tiegħekmeta tmur għaċ-check up.
- Kemm tixrob alkoħol jew kafeina? Ix-xorb ta' ħafna alkoħol jew xorb ibbażat fuq il-kafeina bħal kafè u xorb tal-kola jista' jirrita l-bużżieqa tal-awrina.
- Inti Kostipat? Il-kostipazzjoni tista' tfisser li titqanżaħ biex tiftaħ l-imsaren. Dan ipoġġi toqol kbir fuq il-muskolu tal-qiegħ tal-pelvi. It-tqanżiħ jista' jagħmel ħsara lill-muskoli tal-qiegħ tal-pelvi. Il-konstipazzjoni tista' tfixkel ukoll il-bużżieqa tal-awrina.
- Ikollok aċċidenti tal-imsaren? Tnixxi mill-anus (il-passaġġ fil-warrani)? Muskoli tal-qiegħ tal-pelvi li jkunu dgħajfa jistgħu jfissru li titfa r-riħ jew tipporga meta ma tkunx trid tagħmel hekk.
- Il-problema tal-bużżieqa tal-awrina tiegħek taffetwa l-ħajja sesswali tiegħek?

Mistoqsijiet għan-nisa biss:

- Għandek tfal? It-tqala u li jkollok it-trabi jistgħu ibiddu il-kontroll tal-bużżieqa tal-awrina.
- Inti għaddejja mill-menopawsa? It-tibdil fl-ormoni jista' jagħmel aġħar il-problemi tal-bużżieqa tal awrina.





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

For more information:

- continence.org.au
- pelvicfloorfirst.org.au
- bladderbowel.gov.au

* Calls from mobiles are charged at applicable rates.

Xi ftit mit-testijiet li jistgħu jintużaw għall-iċċekkjar tal-bużżieqa tal-awrina tiegħek jinkludu:

- ċekkjar fiżiku (jekk tgħid li kollox sew)
- Jista' jittieħed ukoll kampjun tal-awrina għall-ittestjar.
- Jista' jittieħed test tad-demem għall-problemi tad-dijabete jew tal-prostata.
- x-ray jew ultrasound
- Test tal-urodinamiċi hu eżami speċjali biex naraw kif taħdem il-bużżieqa tal-awrina tiegħek.

Ftakar

Hu x'inhu t-tip ta' test li int tiġi mitlub tagħmel, int tista' tistaqsi:

- Min ser jagħmlu?
- Kif ser isir?
- Kif ser jgħin?

ITLOB L-GĦAJNUNA

M'intix waħdek. Kontroll dgħajjef tal-bużżieqa tal-awrina u tal-imsaren jista' jkun ikkurat jew immaniġġjat aħjar bil-kura xierqa. Jekk ma tagħmel xejn tista' tmur għall-agħar.

Ċempel lill-konsulenti esperti fuq in-National Continence Helpline bla ħlas:

- parir;
- riżorsi; u
- informazzjoni dwar servizzi lokali.

1800 33 00 66 *
(8am - 8pm mit-Tnejn sal-Ġimgħa AEST)

Biex tirranġa għal interpretu permezz tas-Servizz Telefoniku tal-Interpretu (TIS) ċempel 13 14 50 mit-Tnejn sal-Ġimgħa u saqsi għan-National Continence Helpline. Informazzjoni f'lingwi oħra hija disponibbli wkoll f' continence.org.au/other-languages

Għal aktar informazzjoni:

- continence.org.au
- pelvicfloorfirst.org.au
- bladderbowel.gov.au

* Telefonati minn mobajls ikunu ċċarġjati bir-rati applikabbli.

