



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.

Tlieta minn kull erba' persuni li jbatu minn problemi tal-kontroll tal-imsaren u tal-bużżieqa tal-awrina jistgħu jiffejqu jew jiġu mgħejjuna biex ikunu jistgħu jimmaniġġjaw aħjar il-problema tagħhom.

## X'INHUMA L-PRODOTTI TAL-KONTINENZA?

Il-prodotti tal-kontinenzja jintużaw biex jimmaniġġjaw is-sintomi ta' kontroll dgħajfef tal-bużżieqa tal-awrina u tal-imsaren. Huma jistgħu jintużaw għal żmien qasir biex jgħinek waqt li tkun qed tiġi kkurat jew għal żmien twil jekk il-kontroll dgħajfef tal-bużżieqa tal-awrina u tal-imsaren ma jkunx jista' jiffejjaq.

Il-konsulenti tal-kontinenzja jafu dwar firxa wiesgħa ta' prodotti li jistgħu jgħinu fl-immaniġġjar tal-problemi tal-kontroll tal-bużżieqa tal-awrina jew tal-imsaren. Huma jistgħu jgħinuk tagħzel prodott li jagħtik protezzjoni u konfidenza fil-ħajja tiegħek ta' kuljum.

It-tabib jew il-konsulent tal-kontinenzja tiegħek jistgħu jfittxu l-kawża tal-problema tiegħek u joffrulek xi kura. Jekk ma tagħmel xejn u sempliċiment tuża l-pads jew prodotti oħra tal-kontinenzja mingħajr ma tipprova l-kura, il-problema tiegħek ser tmur għall-aġħar.

## X'TIPI TA' PRODOTT TAL-KONTINENZA HEMM FIS-SUQ?

### Pads u qliezet ta' taħt li jassorbixxu

Hemm għażla wiesgħa ta' pads u qliezet ta' taħt differenti skont id-daqs u l-kapaċità ta' kemm jassorbixxu awrina. Xi pads għandhom jintużaw darba biss, u mbagħad jintremew. Xi pads u qliezet ta' taħt oħra jistgħu jinħaslu u jintużaw ħafna drabi. Int tista' tikseb qliezet ta' taħt speċjali li jkollhom mesh/ xibka li ma jħallux il-pads milli jaqgħu. Xi pads għandhom strixxi li 'jeħlu' u jaqdbu mal-qliezet ta' taħt biex iżommu l-pad f'postu.

### Lożor u covers tas-siġġijiet li jassorbixxu

Fil-każ ta' dawn il-prodotti, is-saf ta' fuq li hu l-eqreb tal-ġilda, jħalli l-awrina tgħaddi, imma jibqa' niexef waqt li s-saffi aktar baxxi jxorbu l-awrina. Mhux suppost jintużaw fl-istess ħin mal-pads li jintużaw u jistgħu jintremew, għax huma l-aktar effettivi meta l-ġilda tmiss eżatt mal-liżar.

### L-għant li jintlibes fuq il-pene/kateters esterni

L-għantijiet tal-pene huma magħmulin minn silikon u l-biċċa l-kbira minnhom jeħlu waħidhom u huma llinjati b'kolla mhux tal-lattiċe li teħel mal-pene. L-ieħor, in-naħa l-miftuħa tal-għant tiġi kkonnettjata ma' borża mar-riġel fejn l-awrina tkun tista' titbattal.





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.

Jekk ir-raġel kapaċi jimxi, tista' tintuża, borża mar-riġel li tkun moħbija taħt ħwejġu. Il-għant jista' jiġi kkonnettjat ma' borża ta' żewġ litri biex jitbattal matul il-lejl. Ir-reazzjonijiet tal-ġilda jistgħu jidhru minn ős-silikon trasparenti hekk kif iseħħu. Boroż li jikkonnettjaw mal-għant għandhom ikollhom tubu b'toqba wiesgħa biex iħalli l-awrina tinżel fil-borża u ma jkun hemm l-ebda fluss lura fil-għant li jista' jħollha. Boroż li jintlibsu mar-riġel għandhom jitwaħħlu sewwa mal-koxxa jew il-parti aktar baxxa tar-riġel biċ-ċingi li jiġu mal-borża u jitbattlu qabel ma jsiru tant tqal li jitqaċċtu mill-għant.

**Prodotti oħra li jgħinu fl-użu tat-tojlit**

Patelli u awrinari (it-tip tal-irġiel u tan-nisa) jistgħu jintużaw jekk int ma tistax tqum mis-sodda. Awrinar magħluq f'siġġu jista' jitpoġġa ħdejn is-sodda bil-lejl u jkun ta' siwi jekk ma tistax timxi sat-tojlit. Sedil tat-tojlit u siġġijiet mgħollijin li jistgħu jitpoġġew fuq it-tojlit jistgħu jgħinuk jekk int issibha bi tqila tpoġġi fuq tojlits baxxi.

**X'Għandek iżżomm f'moħħok meta tkun qed tagħzel prodott tal-kontinenza?**

L-aqwa prodott hu dak li hu effettiv, hu komdu u jgħinuk tgħaddi ħajja normali. Meta tkun qed tagħzel prodott tal-kontinenza, int għandek taħseb dwar:

**1. Il-problema individwali tiegħek tal-kontroll tal-imsaren jew tal-bużżieqa tal-awrina**

L-għażla tiegħek tal-prodott ser tiddependi fuq il-bżonnijiet tiegħek tal-kontroll f'kwalunkwe ħin. Aghżel pad li ser iżżomm l-ammont t'awrina li tista' tgħaddi u tbiddlu hekk kif jixxarrab. Dan hu aħjar għalik u irħas minn wieħed kbir u li tħallih fuqek għal ħafna sigħat. Meta tilbes pads imxarbin bl-awrina jew kakka, dawn jistgħu jikkawżaw raxxijiet fil-ġilda jew infezzjonijiet tal-bużżieqa tal-awrina. Barra minn dan, tkun tista' titnaqqas kull riħa jekk il-pad jinbidel hekk kif jixxarrab jew jithammeġ u l-ġilda titlaħlaħ u titnixxef qabel ma jintuża pad ődid. Aghżel pad li m'għandux għata tal-plastik ikkulurita li tkun tidher minn ős ħwejjeġ tal-kuluri ċari jew li jħaxwxu meta tiċċaqlaq.

**2. L-istil tal-ħajja personali tiegħek**

Il-bżonnijiet personali tiegħek għax-xoġhol, tad-dar u tal-ħajja soċjali tiegħek għandhom jiggwidaw ukoll fl-għażla tiegħek tal-prodotti. Il-konsulenti tal-kontinenza jistgħu jgħinuk b'pariri dwar prodotti speċjali li għandek tuża meta tilgħab sport jew tivvjaġġa distanzi twal.





### 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. Il-mobbilità tiegħek

Il-firxa wiesgħa ta' prodotti tfisser li int għandek bżonn ta'neqseb dwar id-drawwiet u l-ħiliet tiegħek biex tagħzel l-aqwa prodott għall-problema tiegħek. Tali affarijiet bħal kemm hu faċli għalik li tmur it-tojlit jew kemm issibha faċli tibdel il-pads jistgħu jgħinuk biex jiggwidawk tagħmel l-għażla t-tajba tal-prodott li jgħodd għalik. Hemm ħafna tipi ta' prodotti, u ser ikun hemm wieheċ minnhom li jigiġk pinġut.

### 4. Provista tal-prodotti

Xi prodotti tal-kontinenza jistgħu jinxtraw mis-supermarkets jew mingħand l-ispiżjar, waqt li oħrajn jistgħu jinxtraw faċilment minn provvedituri speċjalisti mediċi. Int għandek mnejn ikollok bżonn l-għajnuna speċjalizzata biex tagħzel dak li jgħodd għalik. Ikkuntattja lil-**Linja nazzjonali tal-għajnuna bit-telefonu dwar il-kontinenza (telefonata Bla ħlas 1800 33 00 66)** li jagħtuk parir jew iqabbdok ma' konsulent tal-kontinenza fiż-żona tiegħek.

### 5. Rimi

Il-biċċa l-kbira ta' prodotti li jintużaw u jistgħu jintremew jistgħu jintremew maż-żibel normali tal-familja. Il-prodotti tal-kontinenza QATT m'għandhom jiġu fflaxjati fit-tojlit.

### 6. Linjigwidi dwar il-ħasil

Prodotti li jistgħu jerġgħu jintużaw għandhom jgħidulek fuq il-pakkett kif għandek taħsilhom meta tixtrihom. Tixtrix prodotti li tista' terġa' tużahom jekk m'għandekx magna tal-ħasil u dryer, jew ħabel barra fejn tonxor il-ħwejjeġ li hu faċli tilħqu. Minħabba l-karatteristika tagħhom li jassorbixxu, huma jieħdu aktar żmien biex jinxfu minn ħwejjeġ ta' taħt jew lożor normali, mela l-ewwel itlob kampjun.

## MIN IĦALLAS GĦALL-PRODOTTI TAL-KONTINENZA?

Il-prodotti tal-kontinenza jistgħu jqumu ħafna flus u fil-biċċa l-kbira tal-każi int stess ser ikollok tħallas għalihom.

Jekk tbat i minn inkontinenza permanenti u severa, u tissodisfa kriterji oħra tal-eligibilità, l-Iskema nazzjonali tal-Ħlas ta' Għajnuniet tal-Kontinenza tista' tgħinek tlaħħaq ma' xi wħud minn dawn l-ispejjeż tal-prodott tal-kontinenza.

Id-Dipartiment tal-Affarijiet tal-Veterani jimmaniġġja wkoll il-Programm tal-Apparat tar-Rijabilitazzjoni (the Rehabilitation Appliances Program) li tista' taċċessja jekk għandek Kard kulur id-Deheb jew Kard Bajda eligibbli.





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.

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## SEEK HELP

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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](http://bladderbowel.gov.au) or [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Calls from mobile telephones are charged at applicable rates.

Barra minn dan, xi gvernijiet statali u teritorjali jipprovdu servizz biex jissapportjaw persuni li jbatu mill-inkontinenza, u dan jinkludi għoti tal-prodotti tal-kontinenza. Dawn is-servizzi ivarjaw minn stat għal ieħor, u jistgħu jinkludu assessjament, edukazzjoni u support tal-kljijent.

Fil-biċċa l-kbira tal-każi int ser ikollok bżonn l-għajjnuna mingħand professjonist tas-saħħa bħal tabib jew in-ners tiegħek tal-kontinenza biex taċċessja dawn is-servizzi.

Jekk tikkuntattja l-Linja Nazzjonali tal-Għajjnuna bit-Telefown dwar il-Kontinenza int tista' tikseb parir dwar is-servizzi tal-kontinenza li tista' takkwista.

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## ITLOB L-GĦAJNUNA

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Hemm nersis ikkwalifikati jekk iċċempel lin-National Continence Helpline fuq 1800 33 00 66\* (mit-Tnejn sal-Gimgħa, bejn it-8.00am to 8.00pm AEST (Ħin Standard tal-Lvant tal-Awstralja)) mingħajr ħlas:

- Informazzjoni;
- Pariri; u
- Fuljetti.

Jekk ikollok diffikulta' biex titkellem jew biex tifhem bl-Ingliż jista' jkollok aċċess għall-Helpline permezz tat-Telephone Interpreter Service fuq 13 14 50 b'xejn. It-telefon ikun imwieġeb bl-Ingliż, għalhekk għid liema lingwa titkellem u stenna fuq it-telefon. Tkun ikkonnettjat/a ma' interpretu li jtitkellem il-lingwa tiegħek. Għid lill-interpretu li tixtieq li iċċempel lin-National Continence Helpline fuq 1800 33 00 66. Stenna fuq it-telefon biex tkun ikkonnettjat/a u l-interpretu jgħinek biex titkellem ma' ners li tagħti pariri dwar il-kontinenza. It-telefonati kollha huma konfidenzjali.

Żur [bladderbowel.gov.au](http://bladderbowel.gov.au) jew [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Telefonati minn fuq telefonijiet mowbajl ikunu ċċarġjati r-rati li japplikaw.