



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.

Warqadan yari waxaa weeye inay dadku u diyaargarobaan baaris kontoroolka kaadi heysta.

Baaris kontoroolka kaadi heysta waxaa ka mid ah waxoogaa su'aalo ah iyo jeegareyn jireed oo dakhtar sameynayo ama shaqaale tababaran oo caafimaad. Baaris waxay caawineysaa in la helo wixii dhibaatooyin ah kontoroolka kaadi heysta ee aad qabto iyo waxyaalaha dhaliyey. Waxaa sidoo kale laga yaabaa inay caawiso qorsheynta habka ugu wanaagsan ee loo maareyn karo dhibaatooyinkan. Hubinta kaadi-haystu xanuun ma leh.

### WAA MAXAY DOORASHOYINKAAGU?

Qof kastaa wuxuu xaq u leeyhay gaarnimada iyo baarista shaqsiyeed. Baahiyahaaga iyo doonistaadu waa in la ixtiraamaa. Dadku waxay xaq u leeyihiin inay yiraahdaan 'maya' baarista ama wixii daryeel kale ah.

Doorashooyinka aad dooratay waxaa ka mid ah:

- waxaad dooran kartaa nin ama naag si uu kuu jeegareeyo. Weydiiso arintaas markii aad ballanta samaysanayso.
- turjumaan waa lagu heli karaa. Turjumaanku wuxuu noqon karaa nin ama naag haddaad doonayso. Ka hubso Adeegga caafimaadka.
- waxaad soo wadan kartaa xubin qoys ama saaxiibkaa. Taasi waxay kaa caawin kartaa inaad wanaag ka dareento jeegaraynta.

### MAXAAD U BAAHAN TAHAY SAMEYNTOODA KA HOR BAARISTOODA?

Waxaa lagu weydiisan karaa inaad samaysato xusuus-qorka kaadi-haysta. Waxaad u baahan tahay inaad haysato xusuus-qor ugu yaraan 3 maalmood ka hor baarista. Waxay kuu raad-raacaysaa siday kaadi-haystaadu u shaqayso maalintii.

Xusuus-qorka kaadi-haysta wuxuu u egyahay wax sidaan oo kale ah:

Waqtiga	Xaddiga la-kaadshey	Sidee uxoog badnayd rabitaanka in la kaasho?
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

Xusuus-qorka kaadi-haysta wuxuu raad-raac u yahay:

- waqtiga aad musqusha gasho.
- Intaad kaadi dhigto mar kasta.
- Sidaad dareentay siday u xoogan tahay rabitaanka inaad faaruqiso mar kasta.





### 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.

### Sidee baan u cabiraa xaddiga kaadida la shubay?

Dhig weelka (sida weelka ice-creamka) musqusha. Hadda ku fariiso musqusha oo raaxayso ayadoo cagahaagu saaran yihiin saxxadda musqusha. Ku kaadi weelka. Markaas ku shub kaadida jaagga si aad u cabirto. Ragu way istaagi karaan oo si toos ah ugu kaadshi karaan jaagga cabiraadda.

### Sidee baan u cabiraa degdegga?

Shaxdaan waxay muujinaysaa sida loo adeegsado tiro si ay u sifayso degdegga aad dareemayso.

0	Wax degdeg ah majiro	Ma dareemayo baahi inaan kaadiyo. Waxaan u faaruqiyeey sababo kale dartood.
1	Degdeg caadi ah.	Waan joojin karaa intii aan doono. Waxba cabsi kama qabo inaan isku kaadsho.
2	Degdeg Meel-dhexaad ah.	Waxaan joojin karaa muddo gaaban. Waxba cabsi kama qabo inaan isku kaasho.
3	Degdeg daran.	Maba joojin karo. Waa inaan ku cararo musqusha. Waxaan ka cabsanayaa inaan isku kaadsho.
4	Kaadi-ceshan-waa dhaqso ah.	Waan sii daayey ka hor intaan gaarin musqusha.

### Sidee baan u cabiraa sii-daynta anoo adeegsanaya Baarista Miisaanka Baadka?

Baaristan waxay gacan ka gaysataa si loo ogaado intay le'eg tahay kaadida aad sii daysey dhowr maalmood. Si loo sameeyo baaristan waxaad u baahan tahay heerarka miisaanka oo saxda ah. Baaristan waxaad ku samayn kartaa:

- adoo ku miisaama baadka oo qalalan Kiishka balaastiga ah ka hor intaadan xiran baadka,
- ka dibna ku miisaama baadka qoyan Kiishka balaastiga ah ka dib markaad xirato, iyo
- markaana ka jara miisaanka baadka qalalan kan miisaanka baadka qoyan.

Tani waxay muujinaysaa intaad sii daysey sababtoo ah garaamkii kasta wuxuu la mid yahay hal ml.





Like this:

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

Sidan oo kale waxyaalaha qaarkood :

Baad qoyan	400g.
Baad qalalan	150g.
Faraqa miisaanka	250g.
Xaddiga la-siidaayey =	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.

### MAXAA DHACI DOONA INTA LAGU JIRO BAARISTA?

Inta lagu jiro, waxaa lagu weydiin doonaa wax ku saabsan cuntadaada, culeyskaaga, caafimaadkaagii hore iyo sida caafimaadkaagu hadda yahay. Waxaa laga yaabaa in lagu weydiyo:

- Side bay tahay socodka kaadidaada?
- Imisa jeer habeenkii ayaad toostaa markaad u baahato inaad faaruqiso kaadi-haystaada.
- Miyaad qaadataa wax daawo ah ama fitimiino ah? Daawooyinku waxay sameyn karaan isbedelo waa weyn sida kaadi heysteenu iyo caloosheenu u shaqeeyaan. Liis ka same dhammaan daawooyinka aad qaadata, ma aha oo kaliya kuwa dhakhtarku kuu qoray. Ogsoonow dhooska aad qaadata iyo sidaad badanaa u qaadata. Waxaa fiican inaad soo qaadata dhammaan daawooyinkaaga oo dhan markii aad aadayso baarista.
- Ilaa intee aalkolo ama kafeyn ayaad cabtaa? Cabitaanka aalkolo ama kafeyn badan oo cabitaan ah sida cabitaanka kofeyga iyo kookakoolaha waxaa laga yaabaa inay wareeriyaan kaadi heysta.
- Calooshu ma ku fadhidaa? Calool-fadhigu waxay macnaahisu noqon kartaa majiirid si aad u furto mindhicirkaaga. Taasi waxay culays weyn saari kartaa muruqyada miskahaaga. Majiirashadu waxay waxyeellay kartaa muruqyada miskahaaga. Calool-fadhigu wuxuu kaloo kicin karaa kaadi-haysta.
- Marna makugu dhacday shil mindhicirkaaga ah? Ma shuuqdaa futadaada (gadaalka dambe)? Muruqyada miskaha oo dabacsan waxay noqon karaan inaad dhuusada wado ama calooshu ku socoto markii aadan u baahnayn.
- Dhibaataada kaadi-haystaada sina ma usaamaysaa noloshu galmadaada?

Su'aalaha haweenka keliya la weydiyo:

- Wax carruur ah ma leedahay? Uurka iyo cunugyadu la dhalaa waxay wax ka baddeli karaan kontaroolka kaadi-haysta.
- Miyaad gaartey xaaladda dharmo-dayska? Isbaddallada ku dhaca hormoonada waxay kaadi-haysta ka dhigi karaan mid liidata.





### 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?

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### SEEK HELP

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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](http://continence.org.au/other-languages)

For more information:

- [continence.org.au](http://continence.org.au)
- [pelvicfloorfirst.org.au](http://pelvicfloorfirst.org.au)
- [bladderbowel.gov.au](http://bladderbowel.gov.au)

\* Calls from mobiles are charged at applicable rates.

### Baarista qaarkeed kuwaas oo loo adeegsan karo hubinta kontaroolka kaadi-haystaada waxaa ka mid ah:

- jeegarayn jidheed (Haddii aad sidaas waa Okay tiraahdo).
- Saamiga kaadida ayaa laga yaabaa in loo qaado baaritaan ahaan.
- Baaritaanka dhiiga ayaa laga yaabaa in loo qaado sonkorta ama dhibaatooyinka kansarka.
- Raajo ama ultrasound.
- Baaritaanka urodynamics waa baaritaan khaas ah oo lagu eego si uu kuu tuso siday u shaqeeyso kaadi heystaadu.

### Xasuuso

Micne ma leh nooca baaritaanka ah ee lagu weydiyey inaan sameyso, waxaad weydiin kartaa:

- Yaa sameyn doona?
- Sidee loo sameyn doonaa?
- Sidee bay u caawineysaa?

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### RAADSO CAAWIMAAD

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Keli kuma tihid arintan. Kaadi-haysta iyo mindhicirka liita waxaa si fiican loogu daaweyn karaa ama si fiican loogu maamuli karaa daaweynta saxdaa. Haddii aadan waxba qaban, way ka sii dari karaan.

Ka wac la-taliyayaasha khibrada leh Khadka Kaadiceshin-waaga Qaran (National Continence Helpline) oo lacag la'aan ah:

- talooyinka;
- macluumaadka, iyo
- macluumaadka ku saabsan adeegyada degaanka

1800 33 00 66 \*  
(8am - 8pm Isniinta ilaa Jumcaha AEST)

Si loo diyaariyo turjumaan ayadoo la marayo Adeegga Turjumaanka Taleefanka (TIS), ka wac 13 14 50 Isniinta ilaa Jumcaha Waxaad weydiisataa Khadka Kaadiceshin-waaga Qaran (National Continence Helpline). Macluumaadka luqadaha kale waxaa kaloo laga heli karaa [continence.org.au/other-languages](http://continence.org.au/other-languages)

Wixii macluumaad dheeraad ah:

- [continence.org.au](http://continence.org.au)
- [pelvicfloorfirst.org.au](http://pelvicfloorfirst.org.au)
- [bladderbowel.gov.au](http://bladderbowel.gov.au)

\* Wicitaannada ka socda moobaylada waxaa laga qaadaa qarashka qiyaasaha ku habboon.

