Bowel and Bladder Services

Gateshead Children bladder and bowel service consists of a specialist nurse Michelle Newton who is trained to support individuals with bladder and bowel problems.

[**http://www.stft.nhs.uk/repository/documents/uploaded/1476866093\_National%20Charity%20Award.pdf**](http://www.stft.nhs.uk/repository/documents/uploaded/1476866093_National%20Charity%20Award.pdf)

The Bladder and Bowel service offers a confidential, friendly service for all ages (0-19) and enables a smooth transition into adult care.  
A comprehensive bladder and bowel assessment is carried out and a treatment programme tailored to suit your child/ young person individual need is developed.

Common areas of concern may include:

* Persistent bedwetting/ getting up a number of times in the night to use the toilet
* Persistent constipation and or soiling
* Leaking urine on coughing, exercising or laughing
* Frequent need to rush to use the toilet to pass urine (more than seven times a day)
* Feeling the need to constantly go to the toilet to pass urine
* Day time wetting (Delay in developing toilet training skills over four years old)
* Specialist advise on toileting aids equipment and containment products

You can refer your child into the service by calling the telephone number: 0191 4458417 (8:30-4:30) .You can also be referred via your Doctor, Health Visitor/School Nurse or any other Health Professional involved in your or your child’s care.

Address:  
Bladder and Bowel Service  
Bensham Hospital  
Saltwell Road  
Gateshead  
NE8 4YL

**Useful Links:**

Healthy Bladder  
<http://www.bladderandboweluk.co.uk/wp-content/uploads/2016/12/Promoting-Healthy-Bladders-1.pdf>

Healthy bowel  
<http://www.bladderandboweluk.co.uk/wp-content/uploads/2018/04/Promoting-Healthy-Bowels.pdf>

Understanding bed wetting in children with down syndrome and other learning disability leaflet  
<http://www.bladderandboweluk.co.uk/wp-content/uploads/2018/05/Understanding-Bedwetting-for-Children-with-Downs-Other-LD.pdf>

Pictures for bed wetting  
<http://www.bladderandboweluk.co.uk/wp-content/uploads/2016/12/Bedwetting-information-picture-cards.pdf>

Bed wetting information  
<http://www.bladderandboweluk.co.uk/wp-content/uploads/2016/12/Bedwetting.pdf>

<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=4a7167f2-50df-4855-baba-30f02ab1fd26>

Teenage bedwetting

<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=49012141-49ad-4e0a-8e1b-6abcbce07dfb>

Night’s away advice for bedwetting

<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=f33748a4-818a-4c98-b023-4dbfd7e5c11c>

Medication for bed wetting -desmopressin  
<http://www.bladderandboweluk.co.uk/wp-content/uploads/2016/12/Desmomelt-2013-revised-and-updated-2017.pdf>

Information how to complete toilet charts  
<http://www.bladderandboweluk.co.uk/wp-content/uploads/2016/12/BASELINE-toileting-chart-instructions-revised-2016.pdf>

Chart  
Poo: <https://www.eric.org.uk/Handlers/Download.ashx?IDMF=0e6361d4-b887-43c9-8793-85eb00f1686c>

Input/output: <https://www.eric.org.uk/Handlers/Download.ashx?IDMF=acaa54de-12ad-4e02-9e84-60013d7f855f>

Drinking: <https://www.eric.org.uk/Handlers/Download.ashx?IDMF=3d8cb443-edc2-4f63-a9a2-a14a023007e8>

Toileting: <https://www.eric.org.uk/Handlers/Download.ashx?IDMF=13261050-213f-4680-a252-da84e70f785a>

Bladder/bowel/nappy: <https://www.eric.org.uk/Handlers/Download.ashx?IDMF=e5411211-d238-4003-927a-46a613aafec4>

Adult learning disability constipation information  
<http://www.bladderandboweluk.co.uk/wp-content/uploads/2017/05/Booklet-for-people-with-LD-and-constipation.pdf>

<http://www.bladderandboweluk.co.uk/wp-content/uploads/2017/05/Understanding-constipation-in-people-with-learning-difficulties-for-review.pdf>

Constipation child information  
<http://www.bladderandboweluk.co.uk/wp-content/uploads/2018/05/Talk-About-Constipation.pdf>

Constipation parent information  
<http://www.bladderandboweluk.co.uk/wp-content/uploads/2017/11/Understanding-childhood-constipation-leaflet-advice-for-parents-and-carers.pdf>

<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=8dddd643-9461-413f-a74a-6c3e652a1954>

Understanding Constipation in Infants and Toddlers

<http://www.bladderandboweluk.co.uk/wp-content/uploads/2017/12/Understanding-childhood-constipation-in-Infants-and-Toddlers.pdf>

Understanding Toilet Refusal – the child who will only poo in a nappy Information for families

<http://www.bladderandboweluk.co.uk/wp-content/uploads/2018/05/Understanding-Toilet-refusal-the-child-that-will-only-poo-in-a-nappy.pdf>

Medication for constipation –Movicol and preparation

<http://www.bladderandboweluk.co.uk/wp-content/uploads/2018/05/Macrogols.pdf>

<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=2b77da4b-077f-4798-bdda-7b8f65e4173c>

<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=c2848533-e999-41fa-a63a-439f7c13104b>

Day time bladder problems

<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=a728ba45-2374-4c28-b563-1c516b5a2df4>

Toilet readiness

<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=f87d5b50-cde9-45ff-8d08-87adaa1b2f69>

<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=dc253d91-a28b-47ef-a288-92cebb0add76>

<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=e55046e9-ac09-4783-9c74-07a29d5174ee>

Toilet training booklet for parents  
<http://www.bladderandboweluk.co.uk/wp-content/uploads/2018/04/Understanding-getting-ready-potty-training.pdf>

<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=202c5144-c663-48e9-9bf2-4347699f3886>

Toilet training booklet for child  
<http://www.bladderandboweluk.co.uk/wp-content/uploads/2016/12/A4-TALK-ABOUT-GOING-TO-THE-TOILET-2017-1.pdf>

Information Sheet on Toilet Training Children with Special Needs

<http://www.bladderandboweluk.co.uk/wp-content/uploads/2018/03/Information-sheet-re-Toilet-training-children-with-additional-needs.pdf>

<https://www.eric.org.uk/Handlers/Download.ashx?IDMF=9b1c4466-ef97-436f-ad8a-9d53ffddb6a9>

Toilet Training Children with Autism and Related Conditions – Information for Parents  
<http://www.bladderandboweluk.co.uk/wp-content/uploads/2016/12/Information-for-parents-re-toilet-training-children-with-ASD.pdf>

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| Guidance for parents/carers using disposable containment products (nappy, pull-ups, pads)  <https://www.eric.org.uk/Handlers/Download.ashx?IDMF=68b829c1-4d05-4359-b0bf-4045d72046b6>  Guidance for the provision of continence containment products to children and young people: A consensus document |

<http://www.bladderandboweluk.co.uk/wp-content/uploads/2016/12/final-Guidance-Paed-product-provision-doc.pdf>

Guidelines for good practice: bedwetting/ constipation /UTI  
<https://www.nice.org.uk/search?q=Children%20Continence>

**Other Useful Resources:**

Book  
The potty Journey- Guide to toilet training children with special needs, including Autism and Related disorders Judith A Coucouvanis AAPC publishing 2008