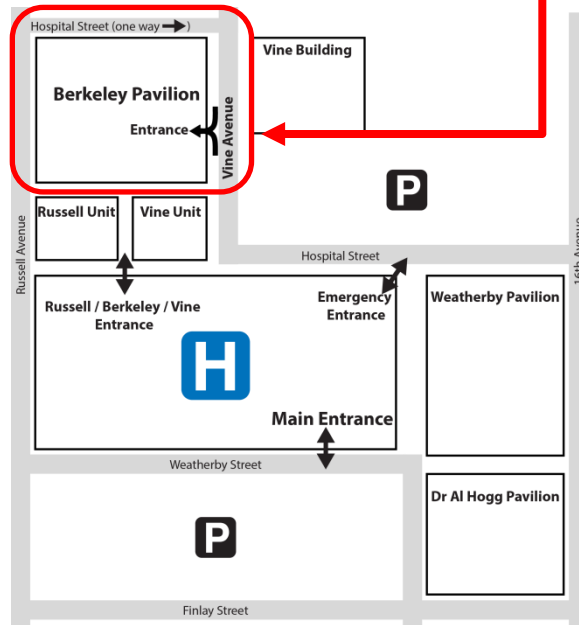


Where we are located



The Continence Clinic is located within the Specialized Seniors Clinic in the Berkeley Pavilion of Peace Arch Hospital.

Entrance is on Vine Avenue.



Peace Arch Hospital
15521 Russell Avenue
White Rock, BC

Contact us at

 604-535-4500 #757673
 604-535-4587

www.fraserhealth.ca

This information does not replace the advice given to you by your healthcare provider.

Catalogue #255036 (February 2017)
To order: patienteduc.fraserhealth.ca

Continence Clinic

Peace Arch Hospital

Offering assessment and treatment of incontinence by a Nurse Continence Advisor

 **fraserhealth**

What is 'incontinence'?

Incontinence (sounds like 'in-kon-tin-en-s') is when you accidentally leak urine (pee) or stool (poop). You cannot control or stop the leaking.

For example, do any of these things happen to you?

- Leak urine or stool when you laugh, sneeze, or cough
- Have to rush to the toilet when you feel the urge to go to the toilet
- Get up more than 2 times in the night to go to the toilet
- Have trouble getting started then only pee a small amount
- Have diarrhea or constipation

Who experiences incontinence?

Many people have incontinence.

Did you know?

- One out of ten men leaks urine or stool.
- One out of four women leaks urine or stool.
- Incontinence is not just a normal part of aging.

Who do we see and how can you get help?

Our Clinic sees people who are age 65 and older.

The first step is to tell your family doctor, nurse practitioner, or other health professional (such as community nurse, physiotherapist) that you are having problems with leaking. They can arrange for you to be seen on our Continence Clinic.

What can you expect when you come to the Clinic?

Our registered nurse (called a Continence Advisor) examines your body and asks you questions about your health and continence problem.

The nurse works with you to make a plan for treatment. Your treatment plan is designed to decrease episodes of incontinence and related problems.

'continence' means being able to control urine and stool without thinking