Video Transcript

Association for Continence Advice
Driving Excellence in Bladder and Bowel Care

How does a person's bladder and bowel affect their life?

SPEAKER 1: Every time I coughed I really could not hold onto the urine at all and it really used to come gushing out. I can remember sitting on the settee and coughing away, I could feel that I was losing urine and then I was frightened to stand up because I just didn't know how far it had come through my clothes and I had even had different absorbent pads, I had gone through a low one to a medium and in the end I got quite a high absorbency pad because I was so concerned about it coming through and showing through on my clothes and there is also the concern of it smelling as well.

It's not particular comfortable, particularly when you have had a large loss of urine. What I try to do was I have always felt I have got a large capacity bladder and I can go quite a few hours without going to the toilet but through these last few months with the stress incontinence I have made a conscious effort to go to the toilet more to keep my bladder empty so that I am losing less urine when I actually cough. It's not a nice thing to feel that you are wet, that you have got to wear a pad and you want to feel in control of your bladder.

Sometimes after I had coughed and leaked urine I was frightened to stand up just in case it had come through onto my clothes and people could see a damp patch so, yes it does impact on your daily life. It didn't stop me from going out, but I always made sure I went to the toilet last thing before I went out and

also, I made sure I put a pad on so I had got a pad with, you know, a good amount of absorbency before I went out.

SPEAKER 2: I get sudden urgency but I also get that I don't empty my bladder properly so I have to do intermittent catheterisation several times a day and also my bowels, I struggle to be able to empty my bowel effectively because the muscles in my chest are not suite strong enough because of my multiple sclerosis and so I have to either manually remove faeces or I have to sit on the edge of the toilet for it to push on my perineum to actually to get faeces out.

It started happening about four years ago where I suddenly lost control of my bladder and my bowels. I just kind of lost all sensation and I was urinary incontinent and also faeces incontinent whilst I was travelling to work and that's when I noticed that there was some sort of problem. I had, prior to that, been having some urgency with my bladder but I just put it down to the fact that perhaps I was getting a bit older and menopause and different things.

I was referred to the urology team and they did quite a lot of investigations by the pressure studies, scans and different things and they said that I had got an over active bladder but also an underactive bladder so I wasn't emptying properly, I had got roughly a pointed nose left in my bladder each time, although I did feel; empty but then I was also dashing or needing to dash to the toilet but because my mobility was reduced I was struggling to get there in time so I ended up saturated.

I do intermittent catheterisation about three to four times a day, I do still go to the toilet myself and I always go to the toilet before I do a catheter. But I find it

has completely transformed my life, it means that I am back in control of my bladder, I am able to go out and I know that I won't have continence issues because I was going out to places and I was frightened to get in friend's cars and things because I would have wet myself whilst I was out because I couldn't control my bladder so for me it has just made a massive difference and also I was getting that at night time I was wetting the bed, not massively wetting it but it was dribbling out so by doing a catheter before I go to bed it means I get a really good night's sleep, I get, you know, a settled night from my bladder.