

How to access the service

You can:

- Contact us directly
- Ask your GP to refer you
- Be referred by a relative (with your consent)
- Be referred by a health care professional
- The service is available Mon to Fri 8am to 4-30pm except on bank holidays
- Please see contact numbers for the area in which you live

Hastings and Rother area.

Bexhill Hospital
Holliers Hill
Bexhill on Sea
East Sussex
TN40 2DZ

Tel – 01424 735688

Eastbourne Hailsham and Seaford Area

Hailsham Health Centre
Vicarage Field
Hailsham
East Sussex
BN27 1BE

Tel - 01323 446990

Produced by the Community Bladder and Bowel Advisory Service, East Sussex Health Care NHS Trust.

February 2018

Community Bladder and Bowel Advisory Service

Patient Information Leaflet



Do you suffer from any of the following?	You are not alone!	What can you expect?
<ul style="list-style-type: none"> • Leak urine when you cough or sneeze? • Cannot hold on and have to be near a toilet? • Find that you are using the toilet more frequently than you used to? • Have to go more often at night? • You are regularly constipated passing hard stools? • Sometimes lose control of your bowels? • Are you caring for someone with a continence problem? 	<p data-bbox="750 127 1467 231">Around six million people in the UK suffer with bladder problems and another one to two million with bowel problems.</p> <p data-bbox="750 303 1467 406">The Community Bladder & Bowel Advisory Service aims to raise awareness, actively promote continence and effectively manage incontinence.</p> <p data-bbox="750 486 1467 630">There are many treatment options available today. Often the condition can be cured or improved. Where this is not possible, suitable management can significantly improve a person's life.</p>	<p data-bbox="1489 87 2206 199">You can contact the Community Bladder & Bowel Advisory Service for advice and support on any aspect of bladder & bowel care.</p> <p data-bbox="1489 231 2206 311">All calls are dealt with confidentially and sensitively by a trained Nurse Advisor.</p> <p data-bbox="1489 343 2206 454">The service also runs clinics in various locations throughout the area, providing specialist assessment and support.</p> <p data-bbox="1489 550 2206 662"><u><i>Any patients who are housebound should be referred to the District Nursing Service (usually accessed via your GP surgery or health centre).</i></u></p>