

What do I need to bring to the clinic:

Please bring:

- Ontario Health Card
- Sample of incontinent product you are using
- List of prescription and over-the-counter medications

How do I get an appointment at the Continence Clinic?

You, your physician or any health care professional can set up your appointment. A doctor's referral is not required. There is no fee for this service.



The Continence Clinic is located at:

**Trillium Health Centre –
West Toronto
150 Sherway Drive
Etobicoke, Ontario
M9C 1A5**

We are located off the West Mall,
across the street
from Sherway Gardens
shopping centre.

To make an appointment call:

(416) 521-4090

To speak to Laura Robbs,
Clinical Nurse Specialist
- Continence call:

**(905) 848-7580
Extension 3267**

Fax: (416) 521-4116

Please sign in at the registration desk
located in the Medical Clinics
on the second floor.

Continence Clinic

Do you need help with:

**Bladder Control?
Bowel Control?
Chronic Constipation?**

You may benefit from visiting

**Trillium Health Centre's
Continence Clinic**

What is the Continence Clinic?

If you have bladder or bowel concerns such as frequency, urgency, leaking or chronic constipation, our nurse at the Continence Clinic may be able to help. A behavioural and educational approach is used to assist people experiencing these problems.

Who will I see at the Continence Clinic?

You will be seen by a nurse specialist who has expertise in the area of bladder/bowel continence promotion. You can reach the nurse at **(905) 848-7580, ext. 3267** if you have any questions about the clinic.

What will happen at the Continence Clinic?

Your visits to the Continence Clinic will provide you with an opportunity to learn more about your concerns and what you can do to treat or better manage them. A minimum of three visits to the clinic is usually recommended.

Your first visit

Your first visit will take about one hour. At this visit, the nurse will take a history of your bladder and bowel habits and concerns. You will be asked to provide a urine sample and a check will be made to ensure your bladder is emptying completely. Following this, you will receive a brief physical exam to check your pelvic floor for muscle strength and tone. You will be asked to take home and complete a record of what you eat, drink and when you urinate and move your bowels. This will be reviewed at your second visit.



Your second visit

In this visit, your bladder/bowel record will be reviewed and a treatment plan discussed. The treatment recommendations are conservative and may include such things as:

- Bladder training
- Pelvic floor exercises (Kegels)
- Fluid modifications
- Personal hygiene
- Improving bladder/bowel emptying
- Bowel training
- Diet changes
- Incontinent product
- Information
- Skin care treatments

Your third visit

This visit is scheduled for four to six weeks after your second visit. This visit provides the opportunity to evaluate your progress, to give ongoing feedback and to make changes to the recommended treatment plan if needed.