



www.bcwomens.ca

After having your baby: bladder or bowel control problems are common



We can help... Continence Clinic



Pregnancy and childbirth can affect bladder and bowel control.

You may have one or more of the following:

- ▶ During pregnancy the growing weight of your baby and uterus can weaken your pelvic floor muscles. These muscles control urine, gas and bowels.
- ▶ Your pelvic floor muscles can be injured during your birth. Nerves to these muscles can also be damaged.
- ▶ The more pregnancies and births you have had, the more likely you are to have problems with bladder or bowel control.

We encourage you to seek help as soon as possible. You deserve to enjoy a happy, active life without the stress of bladder or bowel control problems.

For more information and to make an appointment please contact:

Continence Clinic
BC Women's Health Centre
Tel. (604) 875-3137




Self-referrals and physician referrals accepted.

Note: please tell us if you are pregnant or postpartum when making your appointment. You will be given priority for appointment times.

Do you ever . . .

- ▶ Lose urine when you exercise?
- ▶ Lose urine when you lift your child?
- ▶ Wear pads to catch urine or bowel leaks?
- ▶ Know where every washroom is at your local shopping mall?
- ▶ Have to rush to the bathroom when you have a strong urge?
- ▶ Lose urine when trying to unlock the door?
- ▶ Lose urine when you cough or sneeze?
- ▶ Cope with wet underwear or outer clothing?

Our commitment to you:

-  We appreciate the sensitive nature of your problem and will create an environment which is respectful.
-  We will work with you to set goals and achieve the best results possible.
-  We will work collaboratively with your other health care providers.

cont'd...

Bladder or bowel control problems affect one in four women of all ages and lifestyles.



Many women have a problem with this after having a baby.



If left untreated, incontinence tends to get worse as you age.



Most incontinence can be significantly improved or cured without the need for medications or surgery.

