

## Bladder and Bowel Service

Biggin Hill Clinic  
Church Road  
Biggin Hill  
Kent TN16 3LB

Tel: **0300 330 5777**

Email: [bromh.cccpod2refs@nhs.net](mailto:bromh.cccpod2refs@nhs.net)

## The bladder and bowel service aims to:

- Promote continence
- Raise public awareness that help is available
- Identify those individuals who need help
- Provide advice, assessment, treatment and information to Bromley residents on all aspects of bladder and bowel problems.

## Other useful contact information:

### Bladder and Bowel UK

Tel: **0161 607 8219**

(Mon to Fri 9.00am to 4.30pm)

[bbuk.org.uk](http://bbuk.org.uk)

**Bromley  
Healthcare**  
better together

The Bladder and Bowel service is provided by Bromley Healthcare, an award-winning social enterprise working with the NHS, delivering a wide range of community healthcare services to people of all ages in Bromley, Bexley, Croydon, Greenwich and Lewisham.

We provide a wide range of nursing, medical and therapy services for adults and children. These include District Nursing, Health Visiting, Speech and Language Therapy, Physiotherapy and Occupational Therapy. 98% of our patients would recommend our services to their friends and family.

## Tell us what you think

We want you to be happy with the service you receive from us, but we know that every so often something might go wrong. If you're unhappy with the care you receive or an element of our service, we want to hear from you.

Of course, we also want to hear from you if you're happy with the care you're receiving - it's good to be able to thank the team and let people know they're doing a good job, so if you have a compliment or congratulation, we'd like to hear from you.

If we are unable to resolve your concerns or you would like to take the matter further please contact us at the address below.

Central Court  
1 Knoll Rise  
Orpington BR6 0JA

**020 8315 8880**

[bromh.feedback@nhs.net](mailto:bromh.feedback@nhs.net)

[bromleyhealthcare.org.uk](http://bromleyhealthcare.org.uk)

Bromley Healthcare Community Interest Company Ltd  
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**NHS**



## Bladder and Bowel Service

Provided by Bromley Healthcare

# Bladder and bowel dysfunction

Incontinence is a symptom, it is not an illness and always has a cause.

You do not have to suffer from incontinence to come to the clinic. We will see anyone with any bladder or bowel symptom.

1 in 10 people suffer from overactive bladder symptoms, ie urgency, frequent visits to the toilet.

Bladder and bowel symptoms can affect anyone at any age. It is NOT an inevitable part of ageing.

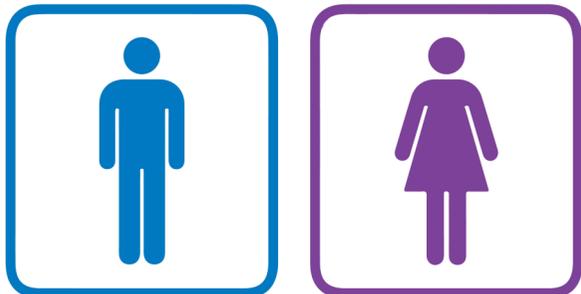
1 in 4 women and 1 in 10 men will experience a problem with bladder function at some time in their lives

With help, bladder and bowel symptoms can often be cured and can always be made easier to manage.



## Do you have any of the following symptoms?

- Passing water more often than you used to
- Have very little warning that you need to pass water and sometimes do not reach the toilet in time
- Leak a little when you cough, sneeze, laugh, walk, run, lift or stand up
- Dribble small amounts of urine nearly all the time
- Pass urine without realising the need to go to the toilet
- Wet the bed at night
- Suffer from constipation
- Have bouts of diarrhoea
- Experience slight soiling of your underwear



If you are 18 years of age or over, you can **self-refer** to our service or ask your GP to refer you. Any patient with a Bromley GP can refer.

**Call us on 0300 330 5777**

Clinics are available weekday mornings, afternoons and some evenings.

Our specialist nurses will offer you advice and information, about your problem and explain how you can manage it.

The specialist can also assess you and plan appropriate treatment.

There are a number of treatment clinics held across the borough of Bromley.

Self referrals and health professional referrals are accepted.

## Clinics are held at:

Beckenham Beacon  
Biggin Hill Clinic  
Mottingham Clinic  
St Paul's Cray Clinic  
Willows Clinic