

## Information

We are not born continent, it is a skill that is acquired at variable ages, and for some can be varying difficulties. Bladder emptying is controlled by the sacral reflex arc using both sensory and motor impulses.

The aim of good bladder management is to:

- Empty the bladder regularly
- Prevent overstretching of bladder muscles
- Keep urine sterile
- Prevent infections
- Maintain continence

## Recommended Suppliers of Equipment

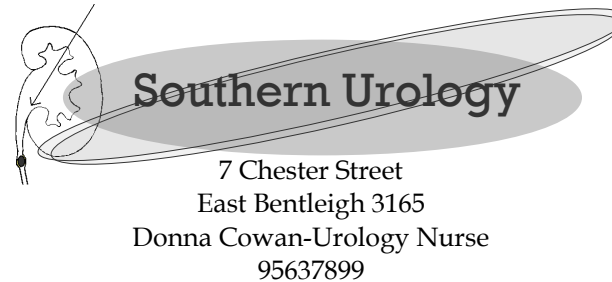
- Independence Solutions  
Ph: 1300 788855  
Fax: 1300 788811
- Health Care at Home  
Ph: 9540 0199
- Australian Home Health Care  
Ph: 9326 6511

## Are you eligible for funding?

Contact your Urology Nurse for more information.

## National Continence Helpline

Freecall 1800 33 00 66



*Patient Information Leaflet*

## CONTINENCE ASSESSMENT (Female)



Mr. Scott Donnellan-Urology Surgeon 9563 7899

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