

Paediatric Continence Service
Bevan House,
Barony Court,
Nantwich
CW5 5RD
Tel: 01270 275411

Children's Continence Service Discharge Information

You have reached the stage where you and your child are managing their continence well and you are going to be discharged from the continence service.

We will let their school nurse, based atHealth Centre who can be contacted on, know we are discharging your child. They may ring you in a couple of months to check things are still ok.

If you have any problems with your child's continence, because you have already been seen by us, we will see you again without being referred by a health care professional. Please contact us on the telephone number above and we will arrange an appointment.

We will need to know:

- Child's name and their date of birth
- When they were last seen (approximately)
- A current contact number
- If you need a clinic appointment or would prefer a phone call.

Remember, sometimes going back to basics can make a difference:

Fluids – six to eight drinks spread evenly throughout the day – one before school, three at school, the rest after school. Lots of milky drinks can make constipation worse. Some children find dark coloured drinks (like blackcurrant/Vimto), or fizzy drinks make wetting worse.

Diet – encourage your child to eat healthily and try for five to seven portions of fruit/vegetables per day.

Toileting – regular toileting can make a difference – this usually needs to be prompted by an adult. The usual number of times a school age child needs a wee is four to seven times per day. Bowels should be opened between three times a day and three times a week.

This information is available in audio, Braille, large print and other languages. To request a copy, please telephone 01270 275411.

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