

Continence Care



The Geriatric Medicine service provides inpatient and outpatient specialist care to older persons aged 75 years and above. Specialist assessment and individualised holistic management are offered to elderly with bladder and bowel-control problems, memory, mood and behavioural problems and multiple falls or difficulty walking. Patients are cared for by a multi-disciplinary team comprising doctors, nurses, physiotherapists, occupational therapists, speech therapists, dietitians, pharmacists, podiatrists and medical social workers, where necessary.

Do you suffer from incontinence?

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|--|-----|----|
| • My urine leaks when I sneeze, cough or lift objects | Yes | No |
| • I feel a sudden and strong urge to pass urine but sometimes do not make it in time to the toilet | Yes | No |
| • I pass urine more than 8 to 10 times a day | Yes | No |
| • I visit the toilet every 2 hours or less | Yes | No |
| • I have difficulty passing urine (straining, incomplete emptying) | Yes | No |
| • My urine leaks for no reason | Yes | No |
| • My stool leaks for no reason | Yes | No |

There are many people who experience urinary and bowel control problems. Unfortunately, many suffer in silence and do not get help sooner to lead happier lives. Some feel it is part of growing old, others think there is no cure. The truth is there are many treatments that can help you manage these conditions comfortably.



How we can help

We diagnose and treat urinary and bowel control problems in the elderly. These include:

- Urinary incontinence (loss of urine control)
- Lower urinary tract symptoms, such as:
 - Frequency and urgency (frequent, sudden and strong sensations to go to the toilet)
 - Stress symptoms (leaking of urine when you cough, laugh, strain, etc.)
 - Difficulty or inability to pass urine
 - Problems associated with using the urinary catheter
 - Bowel incontinence

Our patients will get to access to various continence programmes that emphasise on patient/caregiver empowerment to regain control or care for themselves/their loved ones better.

Such programmes include:

- Continence counselling sessions
- Catheter care programme
- Pelvic exercise programme
- Behavioural strategies to overcome urinary symptoms and bowel/urinary incontinence

Please contact us for further information or if you need assistance.

Notes:

For more information

Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

www.ntfgh.com.sg | www.jch.com.sg

Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

*Please refer to our websites for more details.

General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: contactus@nuhs.edu.sg

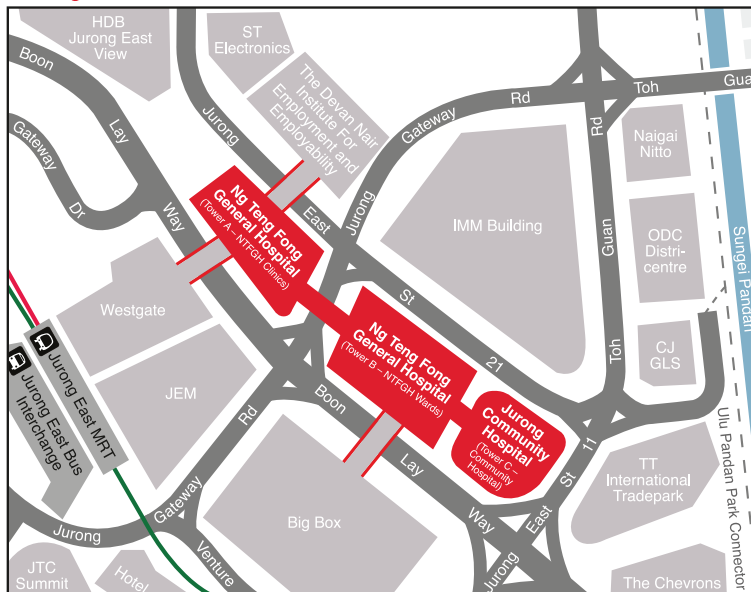
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: appointment@nuhs.edu.sg

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: JHCampus_Dental@nuhs.edu.sg

Getting there



By train

Alight at Jurong East MRT Station

By bus

Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.