Community Continence Service

8.30am-5pm – Monday to Friday
Longford Primary Care Centre, Longford Road, Coventry CV6 6DR
Tel: 024 7696 1427
Email: Continence.Service@covwarkpt.nhs.uk
Community Continence Service

We provide a full assessment looking at your bladder and bowel health and provide information and help in managing your continence needs.

We see clients over 18 years of age.

Trial without catheter clinics.

Our nurse specialist clinics are based at the City of Coventry Health Centre.

We provide advice, promote healthy life styles and can refer you on to other services if needed.

If you are under the care of the community nurses they can complete an assessment for you at home.

What to expect

Once we have received your referral from the GP, an appointment will be made for you at one of our clinics.

We will send a self-assessment pack to be completed by yourself before attending the appointment.

This pack is important as it provides lots of information about your bladder and bowel habits.

Non-completion of this pack will delay your assessment and provision of our service.

Urinalysis

We will ask you to bring a urine sample to your first appointment. A urine test shows us many things and if we suspect a urine infection is present, we will refer you for treatment and your continence assessment will stop until your infection clears. This is because a urine infection can greatly affect your bladder health.

After your initial assessment, you may need to return for further tests.

Bladder Scans

A bladder scan is a simple test which allows us to see the volume of urine within your bladder. We usually ask you to attend with a comfortably full bladder. We scan the bladder and then ask you to use the toilet and repeat the scan. This information is helpful to check how much urine your bladder can comfortably hold and if you empty your bladder correctly. This test does not need you to undress and is not painful.

Internal Examination

This examination is done to assess the strength of your pelvic floor muscle. Your specialist nurse will discuss the examination with you prior to performing it. This examination is only performed on females, it is not painful but does require you to remove the lower half of your clothing and your consent is needed prior to the examination. A personal pelvic floor exercise plan is given to you by your nurse specialist after this examination.

Digital Rectal Examinations

This examination is to assess your bowel and its contents. It is not painful but does require you to remove the lower half of your clothing and your consent is needed prior to the examination.

We occasionally have students with us during appointments and assessments. You will always be asked if you are happy for them to remain during your time with us.