Continence Awareness Week 2020

Resource pack and video guide
HAVE A WEE CHAT!

Continence Awareness Week 2020 runs from 15 to 21 June and we are once again encouraging people to have a ‘wee chat’.

It is crucial that we have upfront conversations about continence. We would love you to help encourage this by hosting a wee chat of your own.

Given the ongoing uncertainty of the COVID-19 situation, we are urging people to think outside the square and plan a ‘wee chat’ online, rather than in a group gathering.

We are offering several ‘wee chat’ videos on demand, featuring experts on a range of continence topics. You can find a full guide of what to expect in this resource pack.

You can help us out during our awareness week by sharing this pack and our videos.

You can also play a role by simply encouraging anyone in your life who needs support to call the Continence Helpline on 0800 650 659, for a ‘wee chat’ with us.

Thank you for your ongoing support, and together, we can get Kiwis talking about continence.

- The Continence NZ team
This Continence Awareness Week, Matilda Green is encouraging New Zealanders who need to talk to reach out to Continence NZ and have a ‘wee chat’.

We look forward to sharing her Continence Awareness Week video message with you soon!
We have gathered a range of experts from across the incontinence field for a series of videos which we will have available on demand.

All will be accessible via our website at www.continence.org.nz during Continence Awareness Week. Here is a preview of what to expect:
ON DEMAND VIDEO

Lisa Smith
Children’s Continence Nurse
Going Potty: Tips for parents and caregivers.

Kirstyn Campbell
Mums’ Fitness Specialist
Pelvic Floor Safe Workouts: Beginner and intermediate levels.

Janet Thackray
Continence Educator
Ask Janet Anything, Carers Edition: Our Continence Educator answers a range of common questions from carers.
ON DEMAND VIDEO

Dr Anna Lawrence
Urologist
The Prostate and Incontinence: Anna will be answering some frequently asked questions.

Liz Childs
Pelvic Health Physio
Pelvic Floor Exercises: How to do them and why they are so important.

Dr John Short
Obstetrician/Gynaecologist
Mesh in New Zealand: An overview and update.
RESOURCES
Click on each image to download the full pdf

How do I know what's normal?
Have a look at our quick reference charts below

A healthy bladder
- Doesn’t leak, tells you when it’s full and gives you time to get to a toilet
- Can hold up to 400 – 600 ml of urine
- Empties 4 – 8 times a day
- May wake you up once a night to go the toilet (or twice if you are older)
- Completely empties each time

An unhealthy bladder
- Leaks urine with coughing/sneezing/lifting
- Empties more than 8 times per day
- Can only hold 300mls of urine or less
- Has you up more than twice a night
- Does not feel completely empty after passing urine
- Burns or stings when passing urine
- The urge is so strong you can’t get to the toilet in time

How do I know what’s normal?
Have a look at our quick reference charts below

Healthy bowel
- Daily soft brown stool, a number four on the Bristol stool chart
- Smooth and shaped like a sausage
- No straining required

Unhealthy bowel
- Pain on passing a stool
- No control over passing a stool - incontinence
- Very loose or watery stools
- Change from your usual bowel habit

Bristol Stool Chart!
Type 1: Separate hard lumps, like nuts (hard to pass)
Type 2: Sausage shaped but lumpy
Type 3: Like a sausage but with cracks on the surface
Type 4: Like a sausage or snake smooth and soft
Type 5: Soft blobs with clear-cut edges
Type 6: Fluffy pieces with ragged edges, a mushy stool
Type 7: Watery, no solid pieces. Entirely liquid

Have a look at our quick reference charts below

If you think you might have an unhealthy bladder, don't panic!
Call us on 0800 650 659 for some friendly advice, or go to continence.org.nz for more information.

0800 650 659  continence.org.nz
Concerned about your bladder or bowel health? Not sure if you have a problem?

- Do you ever leak when you laugh, cough or sneeze? Or when you exercise or play sport?
- Plan ahead so you are always near a toilet when you leave the house?
- Do you ever have to run to the bathroom?
- Worry you might not make it in time?
- Ever leak before you get there?
- Do you go wake up to go to the toilet twice or more at night?
- Does your bladder sometimes feel like it isn’t empty, even when you’ve just been to the toilet?
- Do you strain to empty your bowel?
- Ever soil your underwear?

If you answered yes to any of these questions, you may have a bladder or bowel issue. Call us and we can help!

Top tips for bladder and bowel health

1. Drink 1.5 -2 litres of fluid per day
2. Drink mostly water
3. Keep caffeine intake to a minimum
4. Do pelvic floor exercises every day for life
5. Don’t strain to have a bowel motion
6. Keep bowel motions soft with enough dietary fibre
7. Sit properly on the toilet to relax the pelvic floor
8. Ladies, do not hover over the toilet, use toilet paper to sit on
9. Any leakage is abnormal - see your GP and ask for a referral to a Continence Nurse
10. Any bleeding from the bowel or bladder is abnormal - see your GP

0800 650 659
continence.org.nz
In our ongoing Continence FAQ video series, our Continence Educator Janet Thackray answers some of our most commonly-asked questions. They include “why do I leak when I cough, sneeze or laugh?” and “how much urine leakage is normal”.

Click the image on the left to find the series on our YouTube page.
Continence NZ was established to provide a service to people with continence problems, caregivers, health professionals and the public by providing information and education about continence.

From small beginnings, our annual public awareness campaign has developed into an effective method of promoting awareness of continence problems and encouraging access to professional help.

We also run an 0800 helpline, provide both community and professional education, along with popular pelvic floor focus workshops for fitness trainers, and offer a website packed with information and advice.
Continence NZ is supported by:
Thank you for your support!

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Facebook.com/ContinenceNewZealand
0800 650 659