

Handy Hints

- ❖ It is recommended that you drink 1500ml per day of primarily water, but not too much!
- ❖ Try to reduce the amount of tea and coffee you drink, better still change to decaffeinated.
- ❖ Avoid large amounts of alcohol, fizzy drinks or fruit juices.
- ❖ A glass of **sugar free** Cranberry juice is very good but **DO NOT TAKE** if you're taking Warfarin!
- ❖ Try not to go to the toilet too often! 4-6 times a day is normal.

- ❖ Remember to do regular Pelvic Floor Exercises (6 x per day), gents please do them to!

HSC1053



States of Guernsey
Adult Community Services

Community Continence/Urology Service

Patient Information Guide

Our Philosophy is

to deliver a high standard level of clinical support to patients and staff through training and education, enabling high quality care to be delivered in an ever changing and developing healthcare system.

Service Outline

The Community Continence / Urology Team provide a free service to all Bailiwick of Guernsey patients registered with a GP practice.

Does my GP have to refer me?

No. You may self refer. However, we may need to

obtain the appropriate medical information from your GP.

Who do I contact?

Community Urology Service
Health & Social Services
Princess Elizabeth Hospital
Rue Mignot
St Martin's
Guernsey.
Channel Islands
GY4 6UU
Telephone: +44 (0)1481
725241
ext 4977 /4978

What happens next?

On referral to the service, an assessment of the patients needs will be made based on the information received. Where possible the patient will

be offered a nurse of the same sex.

A home or clinic appointment will be made so a more in depth assessment may be undertaken. On completion of the assessment an individualised treatment plan will be discussed and agreed with by the patient and further follow up contacts will be made.

The Clinical Nurse Specialists are:

Patricia McDermott

Stephen Mundy

If the Clinical Nurse Specialist you are seeing is not available you will be seen by another member of the Team

