TROUBLE WITH YOUR WATERWORKS

Information for men and those who support them

Signs and Symptoms of waterworks troubles:

<table>
<thead>
<tr>
<th>Straining to pass urine</th>
<th>Seeing them strain, spending a long time in the toilet or hearing them straining.</th>
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<tbody>
<tr>
<td>Hesitancy</td>
<td>Noticing them go in the toilet and stand waiting to start for a long time. They may go in and out without going and not toilet-flushing.</td>
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<td>Urgency</td>
<td>That they suddenly need to go and cannot wait. They may suffer incontinence or leaking.</td>
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<tr>
<td>Frequency</td>
<td>Noticing they visit the toilet often and activities or outings are frequently interrupted by their need to go to the toilet.</td>
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<td>Nocturia</td>
<td>That they get up to use the toilet at night when they used not to. Night-time incontinence, hearing the toilet flush often at night.</td>
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<td>Reduction in flow</td>
<td>There may be dribbles on the toilet seat or floor where the flow does not reach the bowl. It may take them longer to finish than usual.</td>
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<tr>
<td>Intermittent flow</td>
<td>Seeing or hearing their flow of urine stop and start.</td>
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<tr>
<td>Haematuria</td>
<td>Blood or dark stains in their urine may be seen in the toilet, on underwear or on continence pads.</td>
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<td>Incontinence</td>
<td>Wetting themselves when they used not to, even just making pants and trousers damp.</td>
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<tr>
<td>Post micturition dribble</td>
<td>Dribbles on the toilet seat or floor as they move away, or damp pants and trousers.</td>
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<tr>
<td>Infection</td>
<td>Smelly, dark or cloudy urine. The man may feel ill or have pain or unexplained fever. Some older people may present as confused.</td>
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</tbody>
</table>

When to go to the GP, Practice Nurse or Continence Advisor for advice:-
- When any changes at all occur, including any of the signs or symptoms above.
- You may find it is not a problem at all or a simple thing to treat. It could be something more serious but you won’t know till you go.

For further copies of Trouble with Your Waterworks contact:

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URGENCY
You might suddenly need a wee and find it difficult to keep it in.

NOCTURIA
You might wake up at night time and need a wee.

STRAINING
You might feel you need to wee but have to push hard to go.

FREQUENCY
You might need to do a wee lots of times a day.

HESITANCY
You might feel you need to wee but have to wait before you start or the feeling might go away.

POST MICTURITION Dribble
When you have finished weeing, and pull your clothes up, a little more wee might come out and wet your pants and trousers.

INCONTINENCE
Your wee might come out when you don't want it to or when you don't think it is going to.

INTERMITTENT FLOW
You might need to wee but find a bit comes out, then it stops, then a little more comes out ... and so on.

REDUCED FLOW
Only a little trickle of wee might come out.

INFECTION & HAEMATURIA
You might feel unwell. It might hurt when you wee. Your wee might look different or be smelly.