

# Continence pads at home

## Community Nursing Patient Information Leaflet

### Introduction

This leaflet gives information about how you can get continence pads when you leave hospital.

### How can I get continence pads?

Your community nurse will assess you when you leave hospital to see if you need continence pads. Please note that the continence pads that you get through your community nurse are different from the ones we use in hospital.

The ward where you have stayed in hospital may ask the community nurse to visit you for the assessment. If the ward does not do this, you can ask your GP to refer you to your community nurse for a continence assessment.

Your community nurse may not be able to see you straight away so in the mean time you may have to buy pads yourself.

### Where can I buy continence pads?

You can buy continence pads from most major supermarkets or pharmacies.

## Can I find out more?

You can find out more about continence products from the following weblink:

### NHS Choices

<http://www.nhs.uk/livewell/incontinence/pages/incontinenceproducts.aspx>

If you have any questions, or if there is anything you do not understand about this leaflet, please speak to your community nurse. You can contact your community nurse through your GP.

### This leaflet can be downloaded or printed from:

<http://dgft.nhs.uk/patients-and-visitors/patient-information-leaflets/>

If you have any feedback on this patient information leaflet, please email [dgft.patient.information@nhs.net](mailto:dgft.patient.information@nhs.net)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

للحصول على هذه النشرة بحجم أكبر، وعلى شكل إصدار صوتي و بلغات أخرى، الرجاء الاتصال بالرقم 08000730510.

此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

ਇਹ ਪਰਚਾ ਵੱਡੇ ਅੱਖਰਾਂ, ਬੋਲ ਕੇ ਰੀਕਾਰਡ ਕੀਤਾ ਹੋਇਆ ਅਤੇ ਦੂਸਰੀਆਂ ਭਾਸ਼ਾਵਾਂ ਵਿਚ ਵੀ ਪ੍ਰਾਪਤ ਹੋ ਸਕਦਾ ਹੈ, 0800 073 0510 ਤੇ ਫੋਨ ਕਰੋ ਜੀ।

Aceasta broșura poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

یہ کتابچہ آپ کو بڑے حروف کی لکھائی، سمعی صورت اور دیگر زبانوں میں مہیا کیا جا سکتا ہے۔ برائے مہربانی فون نمبر 08000730510 پر رابطہ کریں۔