

# Liverpool University Hospitals

NHS Foundation Trust

Healthy Bowel Clinic

**Aintree Site**

Lower Lane, L9 7AL Tel: 0151-525-5980

**Royal Site**

Prescot Street, L7 8XP

**Broadgreen Site**

Thomas Drive, L14 3LB

**Royal & Broadgreen Tel: 0151-706-2000**

# Healthy Bowel Clinic

## Why have I been referred to the Healthy Bowel Clinic?

You have been referred to the Healthy Bowel Clinic to help you with your functional bowel symptoms.

We treat patients with constipation, faecal incontinence & leakage and bowel evacuation problems.

## Your first appointment at the Healthy Bowel Clinic

- You will be assessed by a clinician specialising in bowel problems. This may be in person or over the phone
- You will be asked a series of questions about your bowel symptoms so that we fully understand the problems you are experiencing.
- You will be asked about your general health and it will be helpful to have a list of your current medications to hand
- A treatment plan will then be discussed and agreed with you. You will have the opportunity to ask any questions or give any further information you feel is relevant.

The treatment plan may include:

- Diet and lifestyle advice
- Use of appropriate medication and management tools
- Referring you for investigations to better understand your problems

- Attending for a vaginal or rectal examination to assess your pelvic floor muscles and any localised problems. You can request a chaperone for this if you prefer.
- Pelvic floor rehabilitation or other therapeutic treatments

## Further information

If you have any queries please contact the Healthy Bowel Clinic: Tel: 0151 529 0422

### The Bladder and Bowel Foundation:

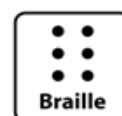
[www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)

### NHS Choices – Constipation:

[www.nhs.uk/conditions/constipation](http://www.nhs.uk/conditions/constipation)

### NICE Guidance on faecal incontinence:

<http://guidance.nice.org.uk/CG49>



## If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

**Tel No: 0151 529 2906**

**Email: [interpretationandtranslation@aintree.nhs.uk](mailto:interpretationandtranslation@aintree.nhs.uk)**