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اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید۔

ਜੇ ਤੁਹਾਨੂੰ ਤਰਜਮੇ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਇਸ ਨੰਬਰ 'ਤੇ ਫੋਨ ਕਰੋ: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

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আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Biofeedback Clinic

General Surgery

Biofeedback Clinic

Introduction

You have been referred by your consultant for biofeedback treatment. This information booklet has been produced to give a brief explanation of this process.

What is biofeedback?

Biofeedback is a programme of treatment to improve your bowel function, the tests you have had have shown that your bowel symptoms are due to the muscles in your anus (bottom) not working correctly. This means you can have problems leading to constipation or evacuatory difficulty. These muscles can be retrained with biofeedback to work more effectively.

What will happen next?

At this first biofeedback clinic appointment, you will be assessed to see if biofeedback treatment will help you. Enclosed with the appointment letter is a bowel diary for you to complete and bring to clinic. You will have some simple tests to assess your sphincter (bottom) muscle function and structure, these take about an hour. You will also be assessed by our clinical psychologist to see if there is any additional help and advice we can give you. This part of the assessment is in the form of a simple interview, which takes about an hour.

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email pals@asph.nhs.uk. If you still remain concerned please contact our Complaints Manager on 01932 722612 or email complaints@asph.nhs.uk

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Further Information

If you require any additional information concerning the investigations or any advice please contact either:

Dawn McWilliams, Specialist Nurse GI Measurement, St Peter's Hospital, Chertsey.

Telephone: 01932 723861.

Alison Seall, Specialist Nurse GI Measurement, The Royal Surrey County Hospital, Guildford. Telephone:

01483 571122 extension 6777.

Who will carry out the biofeedback treatment?

A specially trained nurse will carry out the tests and treatment and your privacy and dignity will be maintained at all times.

Will I need any preparation?

No preparation will be required prior to the treatment. You may eat and drink before and after the tests and take any prescribed medications.

How long will the treatment take?

For the first appointment, you will need to allow about 2 hours that gives us time to explain the tests and treatment process. The following treatment sessions last about an hour and will be arranged for every 4-6 weeks until your bowel problems have improved.

Should I bring someone with me?

We would advise you to bring a member of your family or a close friend with you to your appointment.

Will I be able to drive following my tests?

Yes, you will be able to drive following your tests, as no sedation is required.

What will happen after the tests?

You will be able to resume normal activities following treatment. If you need to attend hospital for further tests and treatment we will advise you of the relevant treatment plan to suit your individual needs.

What are the risks and benefits associated with this treatment?

Risk - None reported

Benefits - include improvement of bowel symptoms and quality of life

Are there any alternatives to this treatment?

No - however research indicates patients' bowel symptoms and quality of life improve.

Useful Contacts

The Continence Foundation - This organisation offers help and advice and has an established help-line service. They can be contacted at:

307 Hatton Square, 16 Baldwin Gardens, London EC1N 7RJ.

Telephone: 020 7404 6875.

Fax: 020 7404 6876.

Helpline: 020 7831 9831 (Monday to Friday 9.30 to 4.30)

The Digestive Disorders Foundation - This organisation is a registered charity that offers advice and information on digestive problems, and funds research at hospitals and universities. They can be contact at:

3 St Andrews Place, London NW1 4LB

www.digestivedisorders.org.uk

In Contact - This organisation provides information and support for people affected by bladder and bowel problems. They can be contacted at:

Freepost, Lon 12119, London N7 9BR

Telephone: 020 7700 7035

www.incontact.org