

Continence and Pelvic Health Physiotherapy

Information for patients

Why have I been referred to physiotherapy for my pelvic floor problem?

Physiotherapy is well recognised as an effective treatment for pelvic problems.

- Physiotherapy can help improve and resolve symptoms of urinary incontinence, increased urinary frequency, prolapse and painful intercourse.
- Leaking urine, rushing to the toilet, prolapse and painful intercourse are all common problems especially after having a baby or during or after the menopause, but you don't have to put up with these issues, physiotherapy can help.
- Physiotherapy treatment focuses on lifestyle changes and exercises.
- The pelvic floor muscles support your bladder and bowels within the pelvis and help to control when you open them or when you need to hold on. Research has shown that pelvic floor exercises done alongside lifestyle changes are the most effective way to help improve symptoms of incontinence.
- Your pelvic floor muscles should be strong enough to prevent leaks of urine, stool (faeces) and wind and support your pelvic organs (bladder, bowel and uterus/womb). The pelvic floor muscles also need to be able to relax to allow pain free intercourse, tampon use or examinations such as a smear test.
- Your physiotherapist can help guide you on how to improve your pelvic floor muscle function.

What happens in a physiotherapy pelvic assessment?

Your initial appointment will likely be a face-to-face appointment but may be by telephone.

The physiotherapist will assess you in a private room and ask you questions about your problem. An internal vaginal examination may be needed, but this will only be done with your consent.

- If you wish to have a chaperone, you can ask to have one when making your appointment. A chaperone is another member of staff who can be with you during your assessment and provide you with reassurance and emotional support.
- **You will be asked to complete a bladder diary before your first appointment.** You can find the bladder diary at the end of this leaflet. **Please ensure you complete this** as it is extremely valuable in helping us understand your type of incontinence and how your bladder is functioning. If you lose the bladder diary there is a link at the end of this leaflet which you can use to print out another copy. If you are unable to do this, please let us know by phoning the number at the top of this leaflet.
- Your physiotherapist will discuss your problem with you and give you advice on what you can do to help treat it.
- Any follow-up appointments will last approximately 30 minutes and can be either face to face or by telephone.

What do I need to do?

1. If you still require physiotherapy, please phone to book a pelvic assessment:
0131 536 1060 (Monday – Friday: 9 am – 12 pm, option 8)
2. At your first appointment please be prepared and **have the bladder diary completed** so it can be discussed with your therapist. Please be as specific as you can when measuring your urine (e.g. use a measuring jug). This is useful information even if you do not have a bladder problem.
3. Have a list of any tablets and medications you are taking to hand.

Where do I go for my appointment?

You will be offered the earliest appointment available at Bonnyrigg Health Centre. This is the only clinic in Midlothian that has pelvic health physiotherapy appointments.

Bonnyrigg Health Centre
109 High Street
Bonnyrigg
EH19 2DA

Interpretation and Translation

Please let us know before your first appointment if you need an interpreter by contacting the Midlothian admin team on 0131 536 1060 option 8. This leaflet may also be made available in a larger print, Braille or your community language.

More information

For more information and help on how to manage your condition visit our website:

Search: **'Midlothian Physiotherapy Pelvic Health Service - NHS Lothian'**

Or scan the QR code below using the camera on your phone or tablet:

<https://services.nhslothian.scot/midlothianphysiotherapypelvichealthservice/>



You can also view this leaflet and bladder diary online:

Search: **'NHS Lothian Patient Information Online - Continence and Pelvic Health Physiotherapy'**

Or scan the QR code below using the camera on your phone or tablet:

<https://policyonline.nhslothian.scot/wp-content/uploads/2026/04/Midlothian-Physiotherapy-Pelvic-Health-Service.pdf>



3 Day Bladder Diary	Name: _____
Start Date: __/__/__	Date of Birth: _____
	CHI no: _____
Please complete this diary for 3 days <u>before</u> your appointment with us	
<p>Fluid intake: Approximate quantities: a small cup is 150 millilitres (mls); small glass is 200mls; a mug is 300mls; a large glass (pint sized) is 568mls</p> <p>Urinary Output: Use a measuring jug to find out how much urine you passed in millilitres (mls) both during the day and at night</p> <p>Leak: Did urine leak onto your clothing, pad, pants or bed (even a slight dribble)? (Put a cross if Yes)</p> <p>Urge: Did you feel that you needed to pass urine (void) quickly? (See table below)</p>	

An example has been provided below. **DAY 2 and 3 can be found on page 2 overleaf**

DAY 1					
Time	Fluid intake/Urinary output (in mls)			Leak	Urge
	Drink	Amount	Output		
10am	Tea	150			
1am			100	X	0
6am					
7am					
8am					
9am					
10am					
11am					
12pm					
1pm					
2pm					
3pm					
4pm					
5pm					
6pm					
7pm					
8pm					
9pm					
10pm					
11pm					
12am					
1am					
2am					
3am					
4am					
5am					
TOTALS					

0	No bladder sensation at all: Could delay indefinitely
1	Sensation of urine, but no desire to void: Could delay 1 hour
2	Mild to moderate desire to void: Could delay 30 mins
3	Strong desire to void: Could delay 15 mins
4	Urgent desire to void: Unable to delay 5 mins

3 Day Bladder Diary Continued

Name: _____

Date of Birth: _____

CHI no: _____

DAY 2						DAY 3				
Time	Fluid intake/Urinary Output (in mls)					Fluid intake/Urinary Output (in mls)				
	Drink	Amount	Output	Leak	Urge	Drink	Amount	Output	Leak	Urge
7am	Tea	200ml						500ml		
8am			300ml	X	2	Water	150ml		X	1
6am										
7am										
8am										
9am										
10am										
11am										
12pm										
1pm										
2pm										
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9pm										
10pm										
11pm										
12 am										
1am										
2am										
3am										
4am										
5am										
TOTALS										

Please remember to bring this diary with you to your appointment

Thank you.