

Signs and Symptoms of waterworks troubles:-

How might carers or supporters notice if the man cannot say he has a problem?

Straining to pass urine	Seeing them strain, spending a long time in the toilet or hearing them straining.
Hesitancy	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.
Urgency	That they suddenly need to go and cannot wait. They may suffer incontinence or leaking.
Frequency	Noticing they visit the toilet often and activities or outings are frequently interrupted by their need to go to the toilet.
Nocturia	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.
Reduction in flow	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.
Intermittent flow	Seeing or hearing their flow of urine stop and start.
Haematuria	Blood or dark stains in their urine may be seen in the toilet, on underwear or on continence pads.
Incontinence	Wetting themselves when they used not to, even just making pants and trousers damp.
Post micturition dribble	Dribbles on the toilet seat or floor as they move away, or damp pants and trousers.
Infection	Smelly, dark or cloudy urine. The man may feel ill or have pain or unexplained fever. Some older people may present as confused.

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:

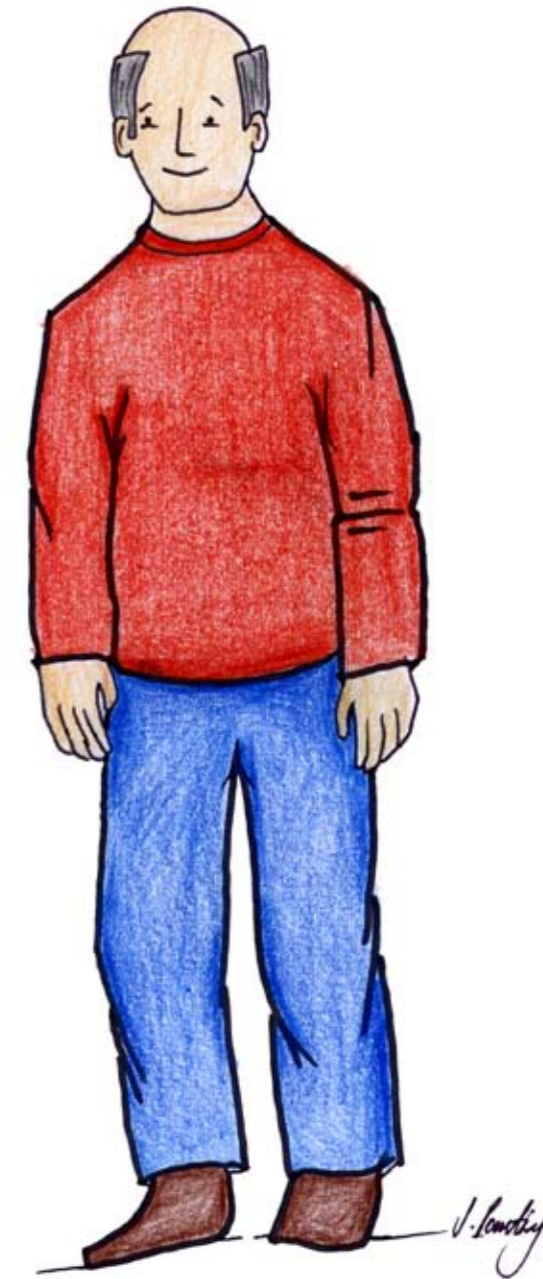
NETHERNE PRINTING SERVICES
Tel: 01306 875150 • Fax: 01306 875152 • E-mail: netherneprint@btconnect.com
employment for people with disabilities

March 2006

NHRO 5151



TROUBLE WITH YOUR WATERWORKS



Information for men and those who support them

This leaflet was developed by:-

Lisa Poynor, Community Learning Disability Nurse, Surrey and Borders Partnership NHS Trust
Wendy Naish, Nurse Consultant - Urology/Continence, Epsom & St Helier Trust

With grateful thanks to:-

Jonathan Pointing, Artist
Claire Rice, Speech and Language Therapist, Surrey and Borders Partnership NHS Trust
Bryony Robertson, Continence Nurse Specialist, Surrey and Borders Partnership NHS Trust
Coloplast, GlaxoSmithKline

TROUBLE WITH YOUR WATERWORKS



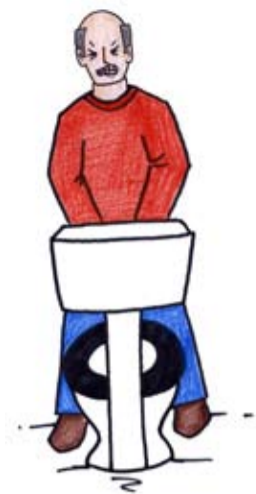
URGENCY

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



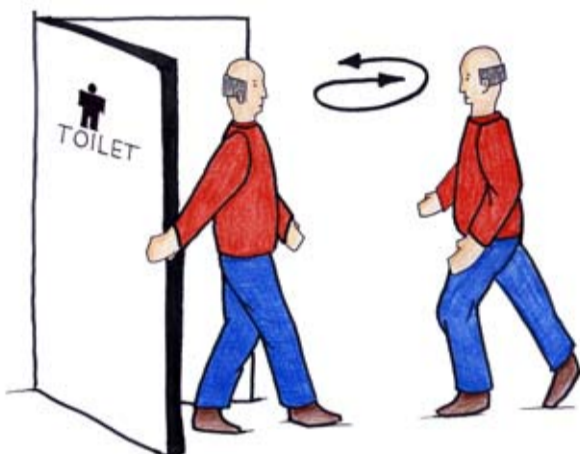
NOCTURIA

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.



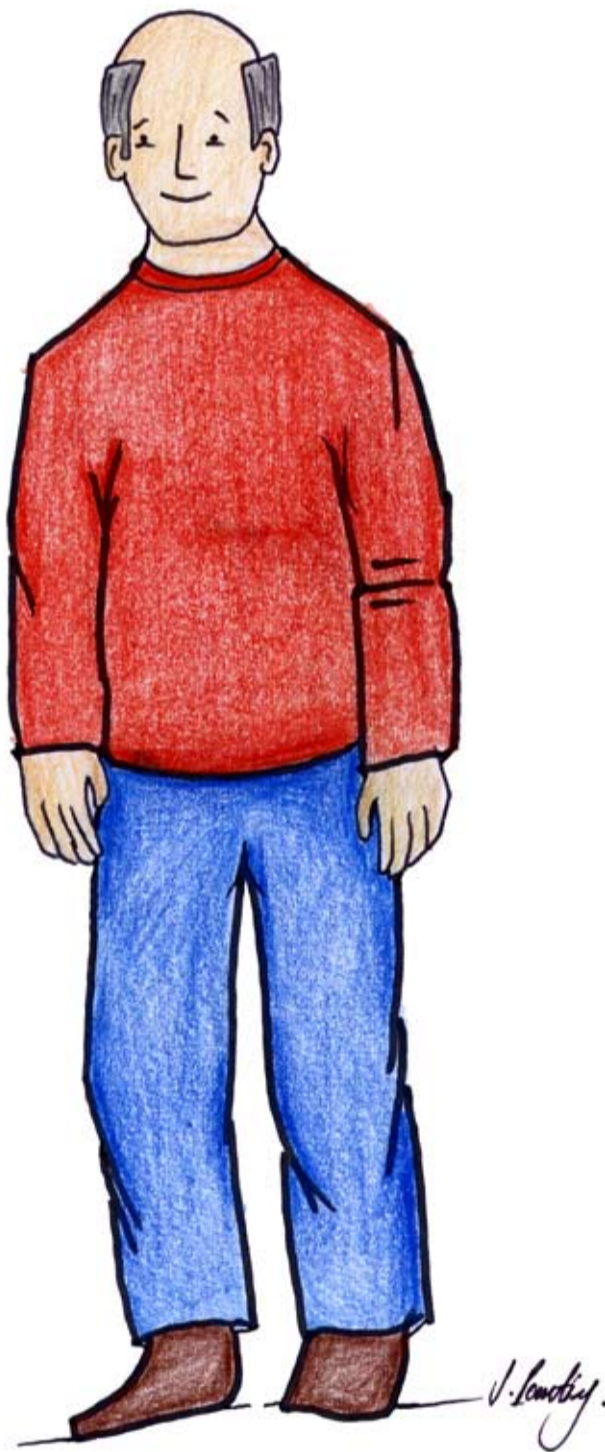
FREQUENCY

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



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.



HESITANCY

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



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.