

Managing Set-Backs in Women's Health Conditions: Gynaecology

If you are experiencing a flare up in your symptoms this can be frustrating but don't worry. Set-backs are common, even when symptoms have been generally improving. Please consider the following points to help you to further self-manage:

- **If you are passing urine more frequently, more urgently, have discomfort on passing urine or have low central abdominal discomfort:**
 - You may have a urine infection, therefore please contact your GP or Practice Nurse
- **If you are passing urine more frequently consider if your habits have changed:**
 - Are you drinking more or less than usual? The recommended fluid intake is 1.5-2 litres/day.
 - Are you drinking something different? Caffeine, alcohol, citrus, blackcurrant and fizzy drinks can all irritate the bladder.
 - Are you still performing your pelvic floor exercises regularly? Muscles can lose both strength and endurance if not regularly exercised.
- **If you are leaking urine more, or experiencing feeling your prolapse more often:**
 - Have you been generally unwell? If so, you will not be feeling 100% and your pelvic floor muscles will feel weaker too.
 - Have you been coughing more due to a cold/flu/chest infection? The pelvic floor muscles will be under more pressure when you have a cough and will tire more easily.
 - Your symptoms will improve with regular pelvic floor exercises 4-6 weeks after you start to feel better.
- **Are you constipated?**
 - Constipation can worsen your symptoms and cause bladder irritation. Speak to your GP or pharmacist for advice.
- **Are you experiencing the sensation of prolapse more often or do you have increased pelvic discomfort?**
 - Think about your activities, have you been doing more strenuous activity e.g. lifting, carrying, squatting, bending, running or gym exercises? Have you been doing more sustained activity e.g. standing for long periods or been on longer walks?
 - Are you still doing your pelvic floor exercises regularly and on a daily basis?
 - Try and avoid any activity which is making your symptoms worse and continue your pelvic floor muscle exercises. Remember to contract your pelvic floor muscles with daily activities such as getting out of bed, sit to stand and lifting.
- **Remember that the pelvic floor exercises are a life-long exercise. You need to do these daily to maintain the strength and endurance of the muscles to help manage your symptoms long-term.**

If after trying all these tips you still require further support, please phone **01422 224198** to book an appointment with a Women's Health Physiotherapist.

Visit: www.cht.nhs.uk/services/clinical-services/physiotherapy-outpatients/patient-careinformation/womens-health

If you have any comments about this leaflet or the service you have received you can contact :

Physiotherapy Department
Huddersfield Royal Infirmary

Telephone: 01484 342434

MSK physiotherapy Admin Office: 01484 905380

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں۔

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