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Tips to promote continence following a stroke

- Adopt a routine to help avoid accidents.
- Drink plenty of fluids through the day-especially water, to help avoid infections of the bladder and constipation.
- Try to have 6-8 glasses of fluid each day.
- Cut down on drinks which contain caffeine, such as Tea, coffee, cola and alcoholic drinks, as they can irritate the bladder.
- Avoid drinking any fluids 2.5-3 hours before going to bed.
- Keep as active as you can. This will help stimulate the bowel to move regularly.
- Try to use the toilet as soon as you need to (unless you are on a bladder training programme), and empty your bladder fully.
- Wear clothes that are easy to unfasten-with Velcro or elasticated waist bands.

For more information contact:

Early Supported Stroke Discharge Team
London Road Community Clinic
Capital Building, Hilltop Heights
London Road
Carlisle
CA1 2NS

Telephone: 01228 602108



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‘The Trust’s vision is to keep your information safe in our hands.’

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For further information contact the Information Governance Team on 01228 608998 or email Information.Governance@cumbria.nhs.uk

Feedback

We appreciate and encourage feedback, which helps us to improve our services. If you have any comments, compliments or complaints to make about your care, please contact the Patient Experience Team.

Email: PET@cumbria.nhs.uk Tel: 01228 602128 Freephone: 0800 633 5547

If you would like this factsheet in another language or format, for example Braille, large print or audio, please call:

01228 603890

E: communications.helpdesk@cumbria.nhs.uk

Or write to Engagement and Communications
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