Patient Experience Team contact details:
Phone: 0115 993 4542
Email: complaints@nottshc.nhs.uk
Write to: Patient Experience Team, Moorgreen House, Highbury Hospital, Highbury Vale, Bulwell, Nottingham NG6 9DR

Specialist Continence Advisory Service/Community Nurse contact details:
You may also find our other Specialist Continence leaflet series useful. You can view or download them from the Trust’s website at:
www.nottinghamshirehealthcare.nhs.uk/continence-advisory-service

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Specialist Continence Advisory Service
Local Partnerships

This document is also available in other languages and formats upon request.
Su richiesta, questo documento è disponibile in altre lingue e in altri formati.
Sur demande, ce document peut être fourni en d’autres langues et formats.
Na życznie, dokument ten można uzyskać w innych językach i formatach.

Biofeedback
A technique to help you to use your pelvic floor muscles more effectively.

Patient Information Leaflet Number 21

www.nottinghamshirehealthcare.nhs.uk

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about integrated healthcare
What is Biofeedback?

Biofeedback is a technique that can be used to learn to control your body’s functions and in this case your pelvic floor muscles.

You are connected to the Biofeedback equipment in a clinic environment by the specialist nurse. Biofeedback will help you and the nurse receive information (feedback) about your body (bio).

Why are you having biofeedback for your bladder or bowel problem?

Your bladder or bowel problem is connected to your pelvic floor muscles not functioning correctly. Biofeedback will help you to learn when and how to contract and relax the correct muscles and assess whether the muscle’s ability to contract and relax is improving over time. It can also be used to teach you how to do your pelvic floor exercises correctly.

What will happen prior to you having biofeedback?

You will have a bladder or bowel assessment carried out by the specialist continence nurse including a vaginal or rectal examination (or both if necessary). The nurse will also complete a checklist to ensure it is safe for you to proceed with Biofeedback, and will provide a probe at a ‘one off’ charge of £13 to you, which will enable you to be connected to the Biofeedback equipment.

If you are menstruating at the time of your treatment then you will need to phone 0115 8835145 to rearrange your appointment.

How often will you need Biofeedback?

This will depend on the findings, how useful it was and what your individual ongoing needs are. It can vary between a ‘one off’ session or anything up to six sessions every six weeks.

Where will I go for Biofeedback?

Stapleford Care Centre is the only health centre where this equipment is available. Your appointment will last for 45 minutes.

Care of the probe:

- The probe is for your use only.
- Wash probe with warm soapy water after each use and rinse well.
- Allow to dry thoroughly before storing.
- Avoid immersion in water of the lead wires when cleaning.
- Do not pull on the leads to remove the probe.

What should I bring to the appointment?

For the first appointment please ensure that you bring £13 to pay for your probe, we do not have any change so exact money is necessary. Unfortunately there are no exemptions to this ‘one off’ charge.

It would be advisable to wear a longer length T-shirt/tunic/shirt.