

What Are Good Bladder Habits?

- Patients should maintain good fluid intake depending on their underlying illnesses. In a normal elderly person, a fluid intake of at least 1.5 litres or 6 to 8 glasses of fluid a day is recommended. They should check with their regular doctor for further advice if they have underlying heart or renal failure.



- Patients should have sufficient time to empty the bladder. They should try to empty the bladder each time urine is passed.

- Good bowel habits reduce the risk of urinary incontinence. They should have sufficient fibre in their diets and maintain regular bowel movements. Regular exercise can also help to avoid constipation which can lead to retention of urine.



BUS & MRT SERVICES

B1 (ALONG THOMSON ROAD)
SBS : 21, 56, 57, 131, 131A, 166
SMRT : 980

B3 (ALONG MOULMEIN ROAD)
SBS : 21, 124, 124A, 518, 518A

NS 20 (NORTH-SOUTH LINE / NOVENA MRT)

LEGEND

-  BUS STOP
-  TAXI STAND
-  CAR PARK
-  MRT



Centre for Geriatric Medicine enquiries and appointment line: Tel: 6359 6100 Fax: 6359 6101

Centre for Geriatric Medicine

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Centre for Geriatric Medicine

Urinary Incontinence Service



Tan Tock Seng
HOSPITAL



Urinary Incontinence in Elderly

Urinary incontinence is defined as the involuntary leakage of urine. Its prevalence is about 5% in the elderly living in the community but increases to 50% in nursing homes. Despite this high prevalence, only 20% of patients with urinary incontinence seek medical evaluation. Patients do not need to suffer urinary incontinence in silence because effective treatment is available to help them have a better quality of life.

Common Symptoms Include:

- Any leakage of urine
 - Bed wetting
 - An urgent need to pass urine and unable to hold
 - Passing urine frequently for more than 8 times a day
 - Awaking to pass urine more than twice at night
 - Blood in urine
 - Pain when passing urine
 - Difficulty in passing urine
 - Urine stream that stops and starts instead of flowing smoothly
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How Can Elderly Female Patients Get Help?

If you have any of the above symptoms or conditions, discuss your concerns with your usual doctor. Should further help be required, you can be referred to the Continence Service at Centre for Geriatric Medicine. The Continence Service attends to elderly female patients with urinary incontinence, while elderly male patients are seen by the Department of Urology. However, some elderly female patients may be referred to the urologist should the need arise.

What Are Our Services?

- Our service comprises of a comprehensive clinical assessment, followed by relevant investigations and a diagnosis of the cause of the urinary incontinence.
- Upon diagnosis, a treatment plan for the patient and family members will be proposed and discussed.
- Patient education on lifestyle modifications, pelvic floor rehabilitation and training on the use of continence aids may be conducted.
- When necessary, medications to treat urinary symptoms may be prescribed to our patients.