

Welcome to the first edition of

The Bladder & Bowel News

JUNE - SEPT 2017

Since our rebirth last year, it has been our mission to bring you access to a range of goods, services, and information that help improve your quality of life. With the Bladder & Bowel Newsletter, you can now access all of these offerings directly from your inbox.

This Newsletter is something we're really excited about at Bladder & Bowel. Every 3 months, we'll be sending you an update with all the latest news from your community. We'll bring you our most recent benefits from our Community Supporters, new partnerships, messages from our sponsors, and up-to-date information on medical treatments for bladder and bowel conditions.

Within this inaugural issue, you'll find details of partnerships with companies such as Irwin Mitchell solicitors, Babylon Healthcare and Innovo to name but a few.

You'll also discover the most recently launched Bladder & Bowel initiatives, such as the Bladder & Bowel Home Delivery Service, in partnership with Bullen Healthcare.

We'll also share the most recent news articles relating to the Bladder & Bowel Community from around the web.

You may have also noticed that we recently launched

a new-look website. This new platform is designed for easier navigation, allowing you to find the relevant articles and pages quickly. Each of the articles in the Newsletter will also be published on the website so they can be easily found..

As a community centered organisation, we'd love to hear any feedback you might have on the changes we've made recently!

My Warmest Regards,

Greg Sutcliffe

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The Bladder & Bowel Home Delivery Service

The Bladder & Bowel Community is extremely pleased to announce the launch of the Bladder & Bowel Home Delivery Service, in partnership with Bullen Healthcare.



Bullen.

Through this new partnership, we are able to offer our members a service that takes care of all of your appliance and prescription requirements and delivers them directly and discreetly to your front door. The Home Delivery Service is built for you, from the first phone call to your most recent delivery. Your personal advisor will get to know your condition and needs, find out which prescriptions and appliances you require, and have them sent out every month.

What is the Bladder & Bowel Home Delivery Service?

The Bladder & Bowel Home Delivery Service is a way of ensuring you are getting the medical appliances and prescriptions that you need when you need them.

After an initial phone call with one of our friendly advisors, you'll have a pre-arranged date for your personal contact to check how you are and go through a stock check of your current stock of appliances and medication. They will then take your order for the next month's appliances and prescriptions.

Ordering is completely flexible on a month by month basis, which means you don't end up stockpiling products you don't need.

Once you've placed your order, it'll be delivered to your door by your local Home Delivery Service driver, or one of our trusted courier partners.

You can contact your personal advisor at any time, whether you want to find out about different products, or discuss delivery arrangements. Your advisor is there to make sure you get exactly the service you require.

Why should I use the Bladder & Bowel Home Delivery Service?



For starters, once you've signed up you'll receive a free Just Can't Wait card and RADAR key. You'll also have a range of essential complimentary items that you can pick and choose to have delivered with your order. Items such as hand sanitiser, wet and dry wipes, Scentees disposable bags, bed pads, and mattress protectors are all available at no extra cost to you.

Your dedicated personal advisor will always be on hand to take care of any queries and requests you may have. They'll be there to support and advise you, but they'll also be a friend - someone you can turn to if you're having troubles with your condition. They'll check in each month to take care of your order, and make sure the Home Delivery Service is

The Bladder & Bowel Home Delivery Service (cont.)

helping you to manage your condition.

If you ever find yourself in an emergency, our Rapid Response Team is on call 365 days a year to make sure you will always have access to the items you need in the unlikely event you find yourself short one month.

Our delivery service really is flexible. Going on holiday? There's no need to worry, we'll know just how to get you your delivery.

Do I Qualify For the Bladder & Bowel Home Delivery Service?

Anyone with a requirement for stoma, urology or woundcare can benefit from signing up for the Home Delivery Service. Our partners, Bullen Healthcare, have been providing their industry pioneering service since 1858. The products may have changed, but the core aim hasn't. Customer first provision of appliances and prescriptions that make a real difference in changing the way you live your life.

If you are looking for an independent provider of stoma or urology products that can make your condition more manageable and convenient, then we'd love to hear from you.

If you'd like to find out more, call 0800 031 5406.

The Just Can't Wait Toilet Card Straight To Your Mobile Phone

The original toilet card from the Bladder and Bowel Community is now available on IOS and can be downloaded from the app Store. The Bladder and Bowel Community app allows you to quickly and discreetly access the card directly from your mobile phone and keep you in contact with the community whilst on the move. With this app you can...

- Access the toilet card
- Find out where the nearest public toilet is using our interactive map whether that be in a restaurant, bar, coffee shop or anywhere else whether home or abroad

- Access a mobile-friendly version of the website and community forums
- Keep up-to-date with the latest news

This app can be purchased for the small price of £1.99 from the App Store, just search for 'Toilet card'.

The Bladder & Bowel app has been made with the expertise and generosity of LimeNinja app developers (www.limeninja.com). A huge thank you to the team there who helped us realise this project.



To download the App, go to the App store on your Apple device and search for **'Toilet Card'**

Find Your Nearest Continence Clinic With Our Healthcare Search Tool



Did you know that you can visit a continence clinic without needing a referral from your GP? This means that you can gain access to the right care and treatment for your bladder or bowel condition quickly and without any embarrassment.

Our 'Find a Healthcare Professional' search tool helps you to find your nearest continence clinic. All you need to do is enter your location and this will generate a list of all the clinics closest to you. You can then contact your nearest clinic directly.

Use the website address below to find a healthcare professional or continence clinic near you.

To find your nearest continence clinic, go to
search.bladderandbowel.org

Bladder & Bowel Community Supporters

www.bladderandbowel.org/community-supporters

Profiles on this quarter's most recent Community Supporters

The Bladder and Bowel Community has partnered up with some great companies to be able to offer you exclusive discounts and advice to help you manage your bladder and bowel condition. We are always looking to expand our community offers and benefits so make sure you check back regularly to see what discounts we are offering.



AVC – 40% Off Vehicle Leasing

More and more people are struggling to stay on the road following government mobility allowance and Personal Independent Payment (PIP) reassessments. AVC are committed to helping those with medical needs stay independent by providing affordable access to a wide range of cars and light commercial vehicles. **We are pleased to announce that AVC are offering the Bladder and Bowel Community 40% off a leasing plan with the code B&B1007.** To take advantage of this exclusive offer click [here](#) to fill in the online contact form and quote the above code. To take advantage of this exclusive offer [click here](#) to fill in the online contact form and quote the above code.



SuperCarers – Quality Care Assistance

SuperCarers are an inspiring new care company who are working hard to help people have a choice and control over theirs or a loved one's care in the comfort of their own home for longer.

Brothers Daniel and Adam Pike founded SuperCarers after watching their mother struggle to manage being the primary carer of their grandmother with the responsibilities of work and family life. This resulted in the heartbreaking decision of their grandmother needing residential care which affected her happiness and quality of life. SuperCarers employs dedicated, hard-working compassionate carers who can help with day and night care, preparing meals, housekeeping, personal care and companionship. To find out more visit the SuperCarers website - www.supercarers.com

Medichecks – Private Blood Testing Services

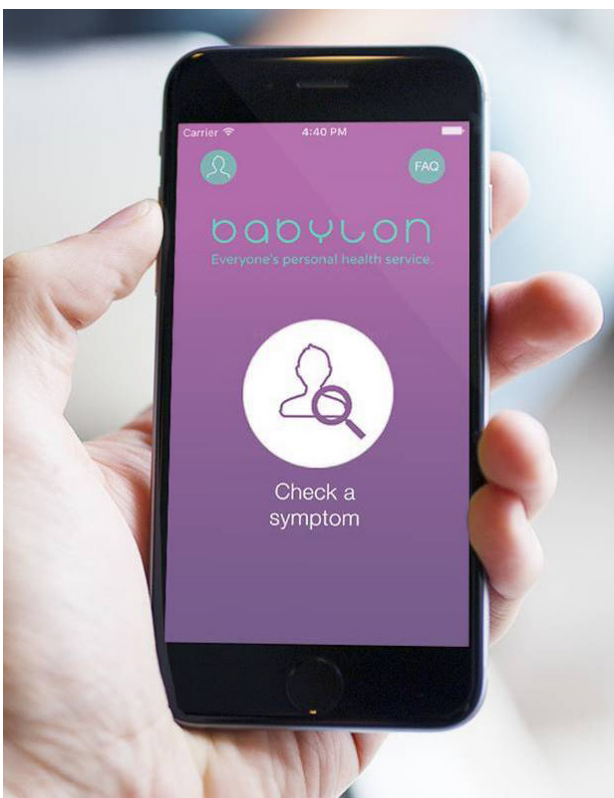


Staying well and keeping healthy with a bladder or bowel condition can be difficult, regular blood tests are usually needed to help your health on track and manage your conditions.

Medichecks offer over 1200 health checks and tests that can all be performed by using one of their easy testing kits in the comfort of your own home. Their tests include specialist bladder and bowel health tests such as urine microscopy and culture tests, which are cultured longer than on the NHS and can detect UTI's that could possibly otherwise be missed. They can also test for bowel cancer, IBD and coeliac disease as well as test your nutritional status by checking the balance of crucial vitamins and minerals needed in the body.

A Medichecks testing kit is really easy to use and convenient. Simply order your kit online, follow the instructions on how to take a sample and send these back to the lab. You will then be able to access your results securely via an online dashboard once the results are ready. To book your health check visit the Medichecks website - www.medichecks.com

Until July 20th, Medichecks are offering 15% off our whole range of blood, stool and urine tests for the Bladder and Bowel community. To take advantage of this offer just visit the Medichecks website - www.medichecks.com, select your test and use voucher code BB17 at checkout.



Babylon Healthcare – 10% Off

We've all had times where it has been difficult to see your GP or get quick access or advice from a healthcare provider. Babylon Healthcare is a revolutionary new digital healthcare service, which for a small monthly fee of £4.50 (or £3.75 with an annual subscription), you can have unlimited consultations with a real doctor via your smartphone or describe your symptoms to Babylon's advanced Artificial Intelligence system.

Babylon can then post your prescription to your front door, nearest pharmacy or even your place of work! Babylon Healthcare are offering the Bladder and Bowel Community 10% off a subscription plan. To visit the exclusive Babylon discount page, go to:

[www.online.babylonhealth.com/
affiliates?offerid=bab1x](http://www.online.babylonhealth.com/affiliates?offerid=bab1x)

Irwin Mitchell Solicitors – Medical Negligence



Irwin Mitchell have the largest dedicated medical negligence department in the UK, with specially trained and experienced solicitors who will take the time to understand what you and your family are going through, helping you get the answers and compensation that you deserve.

Their specialist in-house teams have access to a range of external charities, support providers and rehabilitation centres to provide you with ongoing support. Irwin Mitchell solicitors can visit you in your own home or at a location that suits your best.

Anna Vroobel is a medical negligence solicitor based at Irwin Mitchell London who specialises in injury claims involving the bladder and bowel. To find out more how Anna can help you with your claim click here for further information or visit www.bladderandbowel.org/community-supporters/irwin-mitchell-solicitors.



Silentnight – 20% Off

Having a good night's sleep is really important for our physical, mental and emotional health but many of us are regularly not achieving the recommended minimum of eight hours sleep a night.

A lack of sleep has been proven to exacerbate the symptoms of some serious chronic bladder and bowel diseases. In Crohn's Disease, a lack of sleep has proven to increase the risk of septicaemia and leave patients at a greater risk of disease relapse.

If you are suffering from bladder or bowel incontinence, a fear of an accident can cause sleepless nights but by having the right protection on your bed will help you to sleep more soundly. **We have partnered up with Silentnight to be able to offer you 20% off beds, mattresses, mattress protectors and toppers. To receive this great discount simply visit the [Silentnight webshop](#) and use the code **B&BC20** at the checkout.**

Consenting To Surgery: What You Need To Know

In partnership with Irwin Mitchell solicitors.

It is usual for anyone who is about to undergo an operation to have given their consent to treatment. Consenting for surgery needs the input of both the surgeon and the patient and should be based on openness, trust and good communication. In this post, Anna Vroobel of [Irwin Mitchell solicitors](#) explains what it means to give consent, and what happens if you're treated negligently.

Consent for any treatment should be informed, meaning that you not only have to give permission for the treatment itself, but also before having the treatment you should have a good understanding of both the intended benefits and the possible risks involved.

Most decisions about medical care are not simple yes or no answers. There are choices to be made and sufficient information must be given to you to allow you to decide what to do. Your surgeon should advise you of all reasonable treatment options available in your situation, including different surgical procedures, alternative non-surgical treatment such as medication or physiotherapy and, importantly, the option of doing nothing. A surgeon may recommend a particular treatment option to you but ultimately it is your right as the patient to decide what happens to your body.

The Supreme Court has stated that it is not simply the surgeon's choice to decide what information a patient should be told; the patient has a right to know of all material risks before deciding whether or not to consent to an operation. Material risks are those which would be significant for a reasonable person undergoing that surgery or risks which the doctor is aware would be particularly significant for that patient. The surgeon will need to look at your individual concerns as a patient and one size does not fit all. As an example; a patient who has experienced lots of complications from surgery in the past may be more risk-averse than someone who

had never had any surgical complications. In their particular situation, the patient may prefer to try less invasive treatment if that option is available. Their surgeon should take this into account when discussing how to proceed.

To be able to make an informed decision about your own treatment, it's important that you engage with the advice given and ask any questions you have. With this in mind, the consent process should be a meaningful, clear and frank discussion between you and your surgeon and if you have any particular worries or concerns about the procedure, you should let your surgeon know.

If my surgery was carried out negligently, can I take any action?

In my experience, a very common misconception is that patients believe that when they sign the surgical consent form, they 'sign away' their rights to pursue an action in negligence if they suffer serious injury as a result of sub-standard surgical care. This simply is not the case.

It is a fact of surgery that, even with the highest levels of skill and care from the surgical team, unavoidable complications can arise. It is for this reason that complications are discussed with the patient before the surgery; so they know what the potential risks are. However, if the complication arises as a result of careless surgical care, it does not matter whether or not the complication was listed on the surgical consent form. All that matters is whether the injury resulted from sub-standard care and whether, with appropriate care, the injury would have been avoided.

To give one example, 'injury to bladder or bowel' is often listed as a surgical complication of keyhole surgery. Such injuries are an unfortunate risk of surgery and, of themselves, do not mean that the operation has been

or bowel' is often listed as a surgical complication of keyhole surgery. Such injuries are an unfortunate risk of surgery and, of themselves, do not mean that the operation has been performed negligently. However, if the injury to the bladder or bowel has arisen as a result of sub-standard surgical care, the consent form does not prevent you from bringing an action for negligence.

If a medical negligence claim is ultimately successful, you would be entitled to compensation for your losses resulting from the mistakes made. This can provide important financial security at a very difficult time, fund rehabilitation, disability aids or support, and help you move forward with your life.

Thanks to Anna Vroobel of Irwin Mitchell for providing her insight into negligence and consent in surgical cases. If you or a loved one believes they have been victim to a sub-standard level of care or negligence please get in touch with Anna through the channels listed below.

Anna Vroobel, Solicitor, Irwin Mitchell

Direct telephone: 0207 400 8727

Email: Anna.Vroobel@IrwinMitchell.com



Abena is a well established, and well-trusted manufacturer of healthcare products based in Denmark, that can be found in more than 60 countries across the world.

Abena is appealing to men living with continence issues to fill out this quick questionnaire to help them further improve their products. There is no requirement for you to fill out personal details – all submissions will remain anonymous unless personal information is voluntarily provided.

Fill out the form on our website at www.bladderandbowel.org/newsletter/abena-questionnaire/



Incontinence impacts more than 200 million people worldwide and between three and six million people in the UK! That's a lot of people – so here at Sealy, we've invested in a new range to help you sleep easy. We understand that sleep is essential when it comes to feeling great, so our mattress and topper has been designed to ensure comfort and protection during the night, as well as being hygienic and easily cared for – helping you wake up feeling happy, healthy and, most importantly, well rested.

This mattress and topper has been developed to suit the needs of those requiring peace of mind whilst not compromising on comfort or sleep – take our single-sided flat panel mattress for example, this product offers a high level of comfort and support (none of those pesky lumps and bumps), as well as a fully waterproof topper – which works to enhance, not hinder our bed's cosiness!

This is just one example of how our range offers a smart solution for all Just Can't Wait toilet card holders – plus, because we understand the frustrations with incontinence, we've ensured our designs are anything but sticky, sweaty, noisy and bulky, in fact, our products are the opposite – they're extra comfy, extra cosy and are super stylish and silent, so you can wave goodbye to that irritating rustle noise every time you turn in the night.

And when it comes to hygiene and stains, we're also keeping things easy, as the underside protection to our toppers features a Meditiss fabric – in simple terms, it stops liquid transferring to your mattress, it's hypo-allergenic, mould resistant and is guaranteed to keep your mattress free of stubborn marks and stains.

To keep things as flexible as possible, we're offering this mattress complete with a topper – making your ideal sleep solution easily affordable. The topper is 100% waterproof and will prevent liquid from contaminating the mattress from whatever the source. The topper

not only adds comfort to the overall comfort of the mattress it fully protects it as well, total peace of mind. Bedtime should be relaxing. It should be a time to forget the stresses of the day and let your body ease into recovering – leaving you feeling fresh and well prepared for the next day. Here at Sealy we're passionate about ensuring everyone gets the quality night's sleep they deserve.

Prices for the mattress with topper start at £262 and are fully inclusive of delivery to your home .



The mattress support system is provided by Sealy's unique Posturetech spring system which includes edge-guard if you need to spend more time sitting on the edge. Now you can be certain that the support will be there for you. The mattress is single sided so maintenance is minimal which has to add to the advantages. The comfort level is set at medium and with



the added topper it enhances it even further, all fabrics are treated with Bugshield so you can sleep safely knowing that you will never be bothered by bed bugs or dust mites.

The toppers are attached to the mattress via each corner and are simple to attach and remove. The comfort of the topper alone will enhance any mattress and the Meditiss fabric underside will prevent any liquid contamination

through to your mattress. It will provide total peace of mind and if the unexpected happens the topper is easily cleaned just follow our standard mattress cleaning recommendations.

Prices for the topper start at £70 again inclusive of delivery to your home .

[Visit Sealy's waterproof mattress topper page](#) for full details and how to order.



Posturepedic®

To discover more advice on sleeping well or Sealy's full ranges visit the Sealy blog and product pages [here](#). (www.sealy.co.uk/beds-mattresses)

To get expert advice on your incontinence, check out the news pages on Bladder and Bowel.

Happy sleeping.

Graham, director and sleep expert at Sealy.



Being a family carer is a demanding role and one which entails lots of different responsibilities. Carers often bear considerable physical, emotional, and financial burdens - it's true that carers are unsung heroes. It's understandable that carers need extra support at times, support that is certainly deserved. But where can carers turn to find this support?

Professional Advice and Support

It's so important to get the help that you're entitled to as a family carer. However, knowing where to turn to for support can be extremely confusing. Professional advice and support can often make a huge difference to your life as a carer. From doctors to social workers, there are lots of people and organisations who may be able to give you the help your loved one needs or at least point you in the right direction to get it.

Try speaking with some of the following to see what help or advice is available:

- Your loved one's GP
- Charities working in care, e.g. Carers UK
- Independent Care Advisors (to develop a personalised care plan)
- Independent Financial Advisors (to manage your loved one's current and future finances)
- Your local authority

Local Authority Support

Care is expensive and it can be difficult to know how you are going to pay for it. Fortunately, depending on your situation, you and your loved one may be eligible for local authority support. Local Authority support comes in several different forms, including:

- Carer's Allowance / Carer's Credit
- Support and Needs Assessments
- Carer's Assessments
- Funding for home improvements

Carer's Allowance

Carer's Allowance is the main state benefit for carers and is currently £62.70 per week. Entitlement depends on whether or not you meet the eligibility criteria and on the overlapping benefit rules, whereby if you receive more than the amount of Carer's Allowance from another listed benefit, you will not be entitled to Carer's Allowance. If you don't meet these criteria you could receive Carer's Credit.

Applying for Carer's Allowance is a quick and easy process. To do so, fill out the short application form found at this link - [GOV.UK](#) - or print of the form and apply by post.

Support and Needs Assessment

Your loved one may also be eligible for local authority funding which could reduce your financial and care responsibilities. Care is means tested and depends on the savings and capital of your loved one. If they have assets over £23,250 (excluding their home) they'll pay for their own care - in fact, 57% of elderly people contribute towards their own care. The value of their home is only included if they're moving into residential care.

Support and Needs Assessment *(Continued)*

Eligibility is calculated through a care assessment. Local authorities are obliged to provide care assessments to anyone who requests one and family carers are also entitled to one too. You can find out more about care assessments from the NHS's guide to Local authority funding for care.

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The [BBC's Care Calculator](#) is a useful tool to figure out whether you qualify for local authority support and how much financial support you can expect.

Carer's Assessment

The new Care Act states that unpaid carers have the right to further support from local authorities. As such, respite care may be provided by your local authority. This will be determined by a Carer's Assessment. Every unpaid family carer, irrespective of financial circumstance, is entitled to a carer's assessment. If you're eligible for financial support, you can ask for a direct payment to hire a carer. Alternatively, you can use the direct payment to pay for a supported holiday for both you and the person you're caring for.

[SuperCarers](#), an online introductory service matching families with local carers, hosted free Care Advice sessions in local John Lewis stores last week.

For Carers Week (12-18 June), John Lewis invited care company [SuperCarers](#) to run a series of drop-in advice sessions for anyone thinking about care for an elderly loved one.

Although the sessions are now finished, our trained care advisors are happy to provide you with general advice and support to help you understand your care options. **You contact us by e-mail at hello@supercarers.com or give us a call on 020 8629 1030.**





There are many stages of life which pose new challenges and it's easy to overlook our health even if we don't have any symptoms. However, there may be times in our lives when we could benefit from having a health check, whether to provide us with key insights into our health, to give us peace of mind or just to ensure we feel at our best. Here are 7 reasons why it is important to have a health check.

You suffer from a chronic condition

Suffering from a chronic condition can put a strain on your body, but this will be even more pronounced if there are existing problems or deficiencies that can cause you to feel unwell or fatigued. Long term medications can also cause their own issues, like liver inflammation or digestive absorption problems which might leave you deficient in some important vitamins for energy e.g. vitamin B12 or vitamin D. A thorough health check can cover all these areas, checking for anaemia, liver and kidney health as well nutritional status. The value of their home is only included if they're moving into residential care.

Establish your baseline

Many people associate health screens with the older generations, but there are good reasons to have a health check when you are in your 20's and 30's. Knowing "what is normal for you" means that you can monitor your health over time and know when something changes, which can be the trigger to take action.

Optimising your performance

You don't have to be a professional athlete to benefit from an all-round health check. By checking key biomarkers in your blood you can fine-tune your nutrition, training and recovery to get you to your new personal bests. Getting your results online with our personalised dashboard makes it easy to track and monitor your progress.

Reaching new milestones

The biggest risk factor for most diseases that affect us as we age is age itself. Once you reach your 40's and 50's it is important to check your status for diabetes, cholesterol, liver health and other markers that can be improved through lifestyle changes before they become irreversible.

Lost your "get up and go"

We all go through phases when we just don't feel ourselves. Sometimes that can simply be because we are doing too much or not getting enough sleep. But sometimes the answer can be found in a simple health check. Low levels of certain vitamins and minerals and conditions such as diabetes and thyroid disorders are all associated with tiredness and fatigue so if you feel more lethargic than usual it may be time for a health check.

Investigate a family history

Although many conditions can be caused by unhealthy lifestyles or our environment, our family history can also play a part. Knowing where you stand on issues that could affect you later in life is an important step in managing your health, and will give you the knowledge you need to make important changes early.

Peace of Mind

You don't have to be ill to benefit from a comprehensive health check. Nothing puts a spring in your step more than a clean bill of health. And if something is amiss? Rest assured that most of the conditions we test for can be reversed through lifestyle changes or medication if caught early enough.

Medichecks offer over 1200 health checks and tests that can all be performed by using one of our easy testing kits in the comfort of your own home. Our tests include specialist bladder and bowel health tests such as urine microscopy and culture tests, which are cultured longer than on the NHS and can detect UTI's that could possibly otherwise be missed. We can also test for bowel cancer, IBD and coeliac disease as well as test your nutritional status by checking the balance of crucial vitamins and minerals needed in the body.

We're pleased to be offering 15% off our whole range of blood, stool and urine tests for the Bladder and Bowel community. To take advantage of this offer just visit [Medichecks](#), select your test and use **voucher code BB17 at checkout.**

Take control of your health and order a health check today!

*voucher does not apply to tests already on offer. Does not apply to services. Valid until July 20th 2017.



Interview With Dr. Ruth Maher, Inventor Of INNOVO®



The impact of urinary incontinence on people's lives is "atrocious" says Dr. Ruth Maher, an associate professor at the Department of Physical Therapy, Creighton University in Omaha.

"Women don't exercise so they put on weight. They get depressed. They are fearful of what to wear. They plan shopping trips around where the bathrooms are. They pack extra underwear in their bag. They're terrified of leakage during sex and so damage and even ruin otherwise happy relationships.

"And for men already battling the impact of prostate conditions on their lives, they are subjected to embarrassing leaks and degrading treatments that only add to their suffering.

"No-one should have to suffer from urinary leakage. Men and women across the country can regain their confidence and take back control of their lives by focusing on restoring their pelvic floor muscles".

Dr. Ruth Maher is one of the original four inventors of Innovotherapy, a revolutionary non-invasive treatment for pelvic floor weakness in both men and women. Innovotherapy directly targets pelvic floor weakness – the root cause of urinary leaks – unlike many other treatments which simply mask symptoms.

"When running my own practice in the US, I became frustrated when trying to teach women how to do strengthening pelvic floor contractions. I started using ultrasound imaging and noticed that when a woman said they were doing pelvic floor exercises, they were actually doing inappropriate contractions using muscle groups other than the pelvic floor ones.

"About 40% of women are unable to voluntarily do pelvic floor exercises. It's a subtle contraction. People simply don't have an

awareness of the area – they find it hard to distinguish between their bum and the muscles inside the pelvis.

"From pelvic floor exercises to more 'intrusive' solutions, most strengthening approaches are reliant upon 'doing it right' – which for many sufferers is the problem – they can't pinpoint and activate their pelvic floor so the exercises and systems they are using simply do not work.

"Innovotherapy sends targeted impulses via a set of conductive pads placed on your thighs and buttocks, to safely and effectively activate the muscles of the entire pelvic floor. It is a clinically proven technology which has been designed to optimally strengthen your pelvic floor, allowing the device to do the job for you, with 180 full contractions completed per session. Users can literally feel their entire pelvic floor muscles being activated without having to do anything at all, leaving no room for error.

"The person switches it on. They then increase the intensity to the maximum comfort level. They should feel a contraction high up between the legs. It's a very unusual sensation. It recruits all the muscles so it feels like a very intense lift. With ultrasound, you can see it lift up the bladder. We've seen the contraction happen in 100% of women tested while using it."

The device should be used at home, at least five times a week for 30 minutes at a time. The optimum position for wearing/using it is standing. Results from an independent study prove that women who experience stress incontinence will experience significant improvements in as little as four weeks by using INNOVO® five days a week for 30 minutes. 93% of users found a significant improvement after 4 weeks and 86% of users were defined as completely dry after 12 weeks.

INNOVO® retails at £249.

We also offer a pay by instalments option, with 6 instalments of £41.50.

INNOVO® can be bought online at www.restorethefloor.com as well as from selected Lloyds Pharmacies nationwide, and John Bell & Croyden, London. View our full list of stockists.

www.restorethefloor.com