



Saint Mary's Hospital

The Warrell Unit

Perineal Clinic



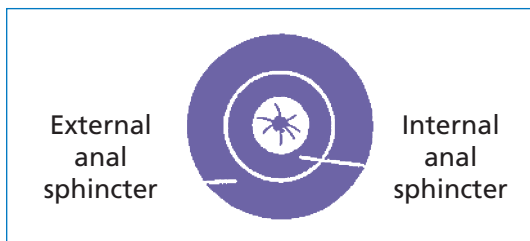
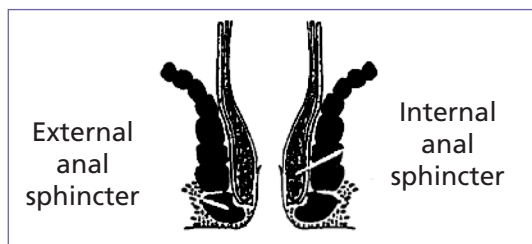
What is the Perineal Clinic?

The Perineal Clinic is a clinic for women who have had a tear of the anal sphincter during the delivery of their baby. Referral to the clinic is made automatically at the time of delivery by the Midwife. The purpose of the clinic is to identify and investigate any problems you may have or develop. The appointment time is one hour. You are welcome to bring your baby with you, although we cannot provide crèche facilities.

What is an anal sphincter tear?

During the delivery of your baby, tears can occur from the vagina through the tissue towards the back passage. The muscles in the back passage can be damaged. This is called a third degree tear. The tear is repaired immediately after delivery.

What are the anal sphincter muscles?



The anus is surrounded by two sphincter muscles which keep the back passage closed and maintain continence.

The inner ring, called the internal anal sphincter, keeps the anus closed and automatically opens when you need to open your bowels. The outer ring, called external anal sphincter, allows you to decide when to do this, as you can squeeze it together to stop your bowels emptying.

Can a third degree tear cause a problem with bowel control?

Damage to the anal sphincter muscles is the most common cause of bowel control difficulties in women.

Faecal incontinence is the inability to control the passage of bowel contents (stool). It may be in the form of a leak that you do not know is happening, or with extreme urgency to get to the toilet, with accidents if the toilet is not reached in time. There can also be an embarrassing inability to control the passage of wind.

How can the Sphincter muscle damage to be checked out?

A detailed questionnaire is enclosed with your appointment. The complete questionnaire will provide a lot of information for the Doctor who will discuss it with you. She will also discuss whether or not any tests are needed.

The sphincter muscles can be examined by doing the following tests:-

1. Anorectal Physiology Studies

These check the nerves and muscles of the back passage. A tiny balloon is placed into the back passage to measure the muscle strength at rest and when you squeeze. Other small instruments are used to check that the nerves are working properly.

2. Endoanal Ultrasound Scan

A thin scan probe is placed just inside the back passage to see what the muscle looks like.

Both of these tests can be carried out during your appointment if you wish. No bowel preparation is needed.

What happens next?

The results of these tests will be fully explained and if necessary any treatment will be arranged.

If you have any questions please contact the Warrell Unit Clinical Nurse Specialist on:

(0161) 701 6150

Monday - Friday 8.30 am - 5.00 pm

1. Bladder & Bowell Foundation

www.bladderandbowelfoundation.org

Bladder & Bowel Foundation

SATRA Innovation Park

Rockingham Road

Kettering

Northants

NN16 9JH

General Enquiries: (0153) 653 3255

Helpline: 0845 345 0165

E-mail: info@bladderandbowelfoundation.org

2. IBS Network

www.theibsnetwork.org

Telephone: (0114) 272 3253

E-mail: info@theibsnetwork.org

Books

“Understanding your bowels” – Heaton KW (1995) London: Family Doctor Publications, BMA. Available at larger branches of Boots. Price £2.49.

“Keeping Control – Understanding and Overcoming Faecal Incontinence” Shuster MM (1994) Price £23.00 hardback, £10.50 paperback. London: John Hopkins Press.

Zero Tolerance Policy

We are committed to the well-being and safety of our patients and of our staff. Please treat other patients and staff with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecutions.

Suggestions, Concerns and Complaints

If you would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
- Log onto the NHS Choices website www.nhs.uk - click on 'Comments'.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: pals@cmft.nhs.uk. Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

The Warrell Unit
Saint Mary's Hospital
Oxford Road
Manchester
M13 9WL
Tel: 0161 276 6332

No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on
Tel: (0161) 205 5998 (www.stopsmokingmanchester.co.uk).

Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

تنص سياستنا على عدم السماح لافراد عائلة المرضى او اقاربهم او اصدقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليترتب لك ذلك.

بماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کر سکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

Waa nidaamkeena in qoys, qaraaboamasaaxiiboaysanu tarjumikarinbukaanka. Haddiiaad u baahatotarjumaankacodsoxubinka mid ah shaqaalahainaykuusameeyaan.

我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



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www.cmft.nhs.uk

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