



SPHERE Bladder and Bowel Service

Frequently Asked Questions

Can my problem be cured?

There is every likelihood that your symptoms can be improved and the possibility that they can be cured. That is why we ask you lots of questions about your bladder and bowel symptoms and examine you physically, check your urine and scan your bladder.

Is it just my age?

Whilst age can be a factor in bladder and bowel control, there will be other reasons for your symptoms and age is not a barrier to successful treatment.

Can I get pads?

After a thorough assessment it may be necessary to prescribe pads for you, often as a temporary measure whilst you are undergoing treatment.

Why did you check my urine? What might show up and what does this mean?

We routinely test your urine to rule out any abnormalities, e.g. urinary tract infection. If we find anything abnormal we pass this to your GP for action.

Why do you scan my bladder and what does the scan show?

We scan your bladder as part of our assessment to make sure it is emptying properly and make sure you get the right treatment.

What is a Behavioural Intervention Group (BIG)? Will I be expected to talk at it, or share any personal information? Will there be any men there?

The Behavioural Intervention Group consists of a small group of women. At this group one of our nurses will give you information about bladder symptoms and treatment options. You will not be expected to speak or to share personal information.

If I need a reassessment of my continence, how do I go about this?

You should contact your GP, who will make a re-referral.

How do I access a urine container if I have nothing I can use at home?

You can get a urine sample container from your local GP surgery.

Why didn't I receive an appointment nearer to home?

Please note that we don't run clinics out of every Health and care Centre across NHS Greater Glasgow and Clyde. We make every effort to give you an appointment near to home, but sometimes we might offer an earlier appointment at a venue a bit further away so you get seen sooner – please contact us if you have difficulty attending a particular venue and we will do our best to accommodate your needs.

I'm in a wheelchair, will the clinic be accessible?

Most Health and Care Centres are accessible, but not all. Please contact us if you would like to discuss your individual access needs.