

## CLINIC LOCATIONS

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### Allendale Long Term Care

185 Ontario Street South\*  
Milton, Ontario L9Y 2M4

\*Ontario Street North changes to  
Ontario Street South at Main Street  
Press indicated security code beside  
front door to enter.

### Heritage Glen, Community for Seniors

6515 Glen Erin Drive  
Mississauga, Ontario L5N 8P9

### Oakville Senior Citizens Residence

2220-2222 Lakeshore West  
Oakville, Ontario L6L 5G5

(If parking lot is full, extra parking is  
available across the street.)

### Trillium Health Centre\*\*

150 Sherway Drive  
Toronto, Ontario M9C 1A5

\*\*Please note: Trillium's Continence  
Clinic sees clients of all ages including  
children.

## SENIORS' HEALTH SERVICES

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**Phone:** 416-521-4090 OR  
toll free 1-888-271-2742

**Trillium Health Centre  
West Toronto Site**  
150 Sherway Drive  
Toronto, Ontario M9C 1A5

**Mississauga Site**  
100 Queensway West  
Mississauga, Ontario L5B 1B8

**Fax:** 416-521-4116

## Regional Continence Clinics

### Do you need help with:

- Bladder control?
- Bowel control?
- Chronic constipation?

You may benefit from  
visiting a Continence Clinic.

## WHO SHOULD COME TO THE CONTINENCE CLINIC?

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Adults 65 years of age and older who:

- Go to the bathroom often
- Worry about falling when rushing to the bathroom
- Leak urine with a cough, laugh, sneeze or during activity
- Have frequent bladder infections
- Have problems with constipation
- Have problems with bowel control
- Wake up more than 1 time during the night to urinate
- Have a strong desire to urinate right away
- Need to learn how to use a catheter

## HOW WILL THE CLINIC HELP ME?

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Bladder and bowel concerns can be treated, managed or cured, often without medication or surgery.

Call today for an appointment... you may be pleasantly surprised at the results!

## YOUR CLINIC VISIT

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Your first visit will last about 1 hour and 15 minutes. Follow up visits, if required, will be about 30 minutes. You will be asked for information about your bladder or bowel problem.

You may have an ultrasound test to see how well you empty your bladder. You may need to have an examination to test the strength of your pelvic floor muscles.

Education is a key part of this program. After your visit, the nurse will talk to you about treatment options such as:

- Learning about the causes of your problem
- Learning pelvic muscle exercises
- Changing eating or drinking habits
- Improving bowel or bladder emptying
- Using special products to reduce your personal costs on pads and laundry, and fear of leakage.
- Looking at factors related to your risk of falls

## HOW DO I GET AN APPOINTMENT?

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You, your physician or any health care provider can request an appointment at the clinic. **A doctor's referral is not required.**

There is no cost to the patient for this service.

To make an appointment call: 416-521-4090 or toll free at 1-888-271-2742.

## WHAT SHOULD I BRING TO THE CLINIC?

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Please bring:

- A clean sample of any incontinent product that you may be using
- A list of prescriptions and over the counter medications you are taking

## YOUR HEALTH CARE PROFESSIONAL

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In the Continence Clinic you will be seen by a Nurse Continence Advisor who is a registered nurse with advanced education and training in continence care.