



## CLINIC LOCATIONS

### Allendale Long Term Care

185 Ontario Street South  
Milton, Ontario L9Y 2M4  
(south of Main Street East)

### Etobicoke Services for Seniors

525 Horner Avenue, Etobicoke,  
ON, M8W 2B9  
(Horner Ave west of Brown's Line)

### Creditvale Mills

1535-1555 South Parade Court  
Mississauga, ON, L5M 6E9  
(entrance off west side of  
Creditview Rd just south of  
Eglinton Ave West)  
Visitor parking located at main  
entrance

### Oakville Senior Citizens Residence

2220-2222 Lakeshore West  
Oakville, Ontario L6L 5G5  
(Lakeshore West, west of Third  
Line. If parking lot is full, extra  
parking is available across the  
street.

### Trillium Health Partners Queensway Health Centre

150 Sherway Drive  
Toronto, Ontario M9C 1A5

To make an appointment at one of  
our Continence Clinics call:

- 416-521-4090 or
- toll free 1-888-271-2742



**Credit Valley Hospital**  
2200 Eglinton Avenue West  
Mississauga ON L5M 2N1  
T: (905) 813-2200

**Mississauga Hospital**  
100 Queensway West  
Mississauga ON L5B 1B8  
T: (905) 848-7100

**Queensway Health Centre**  
150 Sherway Drive  
Toronto ON M9C 1A5  
T: (416) 259-6671



**Trillium  
Health Partners**  
Better Together

**A new kind of health care  
for a healthier community**



## Regional Continence Clinics

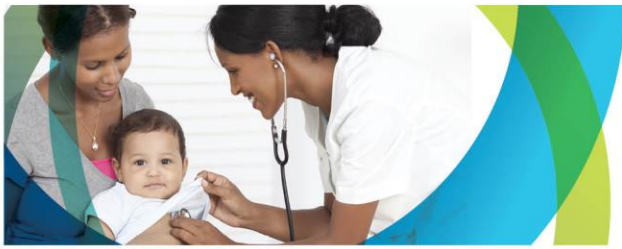
### Do you need help with:

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

You may benefit from visiting a  
Continence Clinic.

To make an appointment call  
**416-521-4090**

(Please have your health card ready  
when booking appointment)



## Regional Continence Program



### WHO SHOULD COME TO THE CONTINENCE CLINIC?

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Adults 18 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.

### 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. Please have your health card ready when booking an appointment.

### 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.