

Biofeedback training

This leaflet gives information about biofeedback, including the benefits, risks and any alternatives and what you can expect when you come to hospital.

If you have any further questions, please speak to a doctor or nurse caring for you.

What is biofeedback?

Biofeedback is a method used to help children and young adults with pelvic floor muscle retraining. Pelvic floor muscles help the bladder store and empty urine.

During biofeedback a computer or ultrasound is used to measure, record and display (feedback) information about the abdominal and pelvic floor muscles. The purpose is to allow better understanding of how the body works and how to control it.

Why should I have biofeedback training?

We offer biofeedback training for different bladder conditions.

1. If you/your child is unable to relax the muscles controlling the outlet of the bladder this often results in incomplete bladder emptying which can lead to urinary tract infections and incontinence. The aim of the training is to help you/your child identify the muscles involved in passing urine and learn to relax them to improve bladder emptying.
2. If you/your child has a weakened pelvic floor this can lead to leakage of urine with increases in abdominal pressure (eg with coughing, sneezing, exercise). The training helps you/your child identify the muscles involved in maintaining continence and teaches strengthening exercises.

What are the risks?

There are no adverse effects of biofeedback training.

Are there any alternatives?

You/your child will have discussed/tried alternatives in clinic with the consultant. These include bladder training, double voiding, prevention and treatment of constipation.

How can I prepare for biofeedback?

You/your child should wear comfortable loose clothing for the appointment. It is useful to bring a change of clothes/pads as appropriate. The first visit lasts several hours so it is useful to bring some reading material or school work to occupy your free time. You may want to bring food and drinks. We can only provide drinking water. There are a number of cafés and restaurants available in the hospital.

What happens during biofeedback?

The first session lasts several hours.

You/your child will have small stickers placed on their abdomen, back and two stickers placed on their buttocks either side of the anus. You/your child will be fully clothed during the training. The stickers have wires that connect to a computer. The wires send signals to the computer providing information about how well the pelvic floor and abdominal muscles are squeezing and relaxing. This information is turned into images you/your child can see on the computer. By seeing these images you/your child can see exactly what their muscles are doing. If you/your child changes what their muscles are doing the feedback from the computer (images) will change.

The biofeedback nurse/doctor then teaches you/your child to identify pelvic floor muscles and how to strengthen and relax them, through the use of computer games. You/your child controls the games using their pelvic floor muscles.

Your nurse/doctor may choose to use abdominal bladder ultrasound to identify and teach correct pelvic floor muscle use instead of or in addition to the computer. The ultrasound picture is used to give feedback to you/your child.

In between sessions there is free time. When you/your child needs to pass urine they will be reconnected to the computer and asked to pass urine on a special toilet (uroflowmeter), which allows you/your child to recognise the muscles they are using when they pass urine. After this we will scan the bladder to see if there is an improvement in bladder emptying.

Will I feel any pain?

Biofeedback training is not painful. It can be a little uncomfortable having the stickers placed around the anus.

What happens after biofeedback?

The stickers are removed. This is not painful. You/your child will need to continue practising the exercises and/or positions learnt when they pass urine at home.

Will I have a follow-up appointment?

Follow-up arrangements will be discussed and agreed with your nurse or doctor before leaving clinic.

Appointments at King's

We have teamed up with King's College Hospital in a partnership known as King's Health Partners Academic Health Sciences Centre. We are working together to give our patients the best possible care, so you might find we invite you for appointments at King's. To make sure everyone you meet always has the most up-to-date information about your health, we may share information about you between the hospitals.

Contact us

If you have any questions or concerns about your child's appointment or treatment, please contact the urology nursing team on **t:** 020 7188 4647 (Monday to Friday, 9am to 5pm).

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit **w:** www.evelinalondon.nhs.uk/leaflets

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003, Monday to Friday, 10am-5pm **e:** letstalkmedicines@gstt.nhs.uk

Your comments and concerns

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

t: 020 7188 8801 (PALS) **e:** pals@gstt.nhs.uk
t: 020 7188 3514 (complaints) **e:** complaints2@gstt.nhs.uk

Language and accessible support services

If you need an interpreter or information about your care in a different language or format, please get in touch.

t: 020 7188 8815 **e:** languagesupport@gstt.nhs.uk

NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

t: 111

NHS website

Online information and guidance on all aspects of health and healthcare, to help you take control of your health and wellbeing.

w: www.nhs.uk

Get involved and have your say: become a member of the Trust

Members of Guy's and St Thomas' NHS Foundation Trust contribute to the organisation on a voluntary basis. We count on them for feedback, local knowledge and support. Membership is free and it is up to you how much you get involved. To find out more, please get in touch.

t: 0800 731 0319 **e:** members@gstt.nhs.uk **w:** www.guysandstthomas.nhs.uk/membership

Was this leaflet useful?

We want to make sure the information you receive is helpful to you. If you have any comments about this leaflet, we would be happy to hear from you, fill in our simple online form, **w:** www.guysandstthomas.nhs.uk/leaflets, or **e:** patientinformationteam@gstt.nhs.uk

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