

# Biofeedback



## Patient Information

### What is Biofeedback?

Biofeedback is a therapy which uses computer graphs and visual aids which gives you a visual representation of the muscle activity in your pelvic floor. This helps you to learn how to stop using the wrong pelvic floor muscles and how to start using the right ones.



Biofeedback will help you to improve your pelvic floor muscle function through increasing muscle awareness.

### Preparing for your appointment

- You will be given an appointment with a Continence Nurse Specialist or Pelvic Health Physiotherapist at the clinic. The initial session will last up to one hour; subsequent sessions will last up to 40 minutes. Please let us know before your appointment if you would like a chaperone to be present.
- No preparation is required for this treatment. You will not be given any sedation or medication during the consultation.
- You may want to empty your bladder or bowel just prior to your appointment so you are comfortable.
- You will be able to travel home and continue with your normal activities afterwards.

### Your Biofeedback Appointment - What Happens?

- You will be asked to lie on the couch and either a vaginal or anal probe will be inserted.
- Following this the Specialist Nurse or Physio will connect the external leads of the probe to the Biofeedback computer. The measurement of the contraction and relaxation of the muscle will be displayed on a computer screen which

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you will be able to see. Because you cannot see the pelvic floor muscle, you may have found it difficult to locate them. This is where biofeedback can help.

- After the evaluation has been completed, you will be shown how to improve your pelvic floor contractions and increase your voluntary control of them. By the end of the session/s you will have a much clearer understanding of how your pelvic floor works and how you can improve your continence.
- At no time will you feel any sensation from the machine; it is only picking up the electricity that your own body produces when you contract a muscle.

### **When Should I Not Have Biofeedback?**

Do not undergo a session if;

- you are pregnant or trying to get pregnant.
- you have a urinary, pelvic or rectal infection, soreness or bleeding in the vaginal or rectal area.
- you are menstruating.

If your menstrual period is due on the day of your appointment, please phone the Continence Service and rebook your appointment.

If you need any further help or advice please contact the Continence Service. You may get an answer phone; if you do, please leave a message on the answer phone including your name and telephone number and we will get back to you as soon as we can.

### **Contact Us:**

Wiltshire Continence Service Central Health Clinic Avon Approach Castle Street Salisbury SP1 3SL  Telephone: 01722 323196	Wiltshire Continence Service Trowbridge Community Hospital Adcroft Street Trowbridge BA14 8PH  Telephone: 01225 711323
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NHS Choices: [www.nhs.uk](http://www.nhs.uk)

### **Safeguarding**

Wiltshire Health and Care (WHC) are committed to safeguarding and promoting the welfare of children, young people and adults at risk of abuse, including victims and survivors of domestic abuse. We expect all WHC staff to share this commitment and promote safeguarding by implementing WHC policies and procedures, act promptly on concerns and share information appropriately.

If you or your carer have any concerns regarding a child or adult's safety, please phone Wiltshire Safeguarding Team on 0300 456 0111 (Adult) or 0300 456 0108 (Child) (9am – 5pm Monday - Friday) or please call 999 if you feel they are in immediate danger.

### **Patient Advice and Liaison Service (PALS)**

If you have any questions, or concerns, suggestions or compliments about our service, please speak to a member of staff.

This information sheet is available in other languages and formats. If you would like a copy, please contact us on 0300 123 7797 and [whc.pals@nhs.net](mailto:whc.pals@nhs.net)

### **Patient and Public Involvement**

We value your opinions which will help us to further develop our services.

If you wish to provide feedback or get involved in our patient participation groups, please email the Patient and Public Involvement Officer at [ask.wiltshirehealthandcare@nhs.net](mailto:ask.wiltshirehealthandcare@nhs.net) or telephone 01249 454386.