

Biofeedback Treatment Clinic

This leaflet is for patients referred to the Pelvic Floor Service for biofeedback treatment. It explains what will happen next and what biofeedback involves.

What is biofeedback?

Biofeedback is a programme of treatment to improve your bowel problems. The tests you have had suggest that your symptoms could be due to the muscles in your anus (bottom) not working correctly. This means you can have problems leading to various types of bowel disorders; including faecal incontinence (leakage of poo), constipation or evacuatory (emptying) difficulty.

What will happen next?

At your first biofeedback appointment you will be assessed to see if biofeedback treatment will help you. We may have sent you a bowel diary to complete – if so, please bring this with you to your first clinic visit.

You may have further simple tests to assess your sphincter (bottom) muscle function and structure. This first appointment may take up to one hour. As part of this assessment process we may require you to attend for further tests and/or appointments. We will advise of this at the time.

Who will carry out the biofeedback treatment?

A specially trained nurse or pelvic floor physiotherapist will carry out the biofeedback treatment, and your privacy and dignity will be maintained at all times.

Will I need any bowel preparation?

No preparation will be required prior to treatment.

You may eat and drink normally both before and after the appointment. Take any prescribed medication as normal.

You will also be able to drive and carry on with normal activities afterwards as no sedation is required.

How long will the treatment take?

For the first appointment you will need to allow an hour. That will give us time to record a detailed history, if required, and explain the process.

Any following treatment sessions usually take 30 minutes.
For improved success we would recommend 4-6 sessions at monthly intervals.

Should I bring someone with me?

Normally you would be able to bring a family member or close friend with you to your appointment, but because of the Coronavirus pandemic, we are taking extra measures and would encourage you to attend alone. If you require a chaperone, let us know and we will arrange one.

Please bring any diaries or questionnaires we have sent you to your first appointment, in addition to any medication you are currently taking.

Further information is available from:

Bowel incontinence NHS : www.nhs/conditions/bowel-incontinence

Bladder and Bowel Community www.bladderandbowel.org

Pelvic Floor Society www.thepelvicfloorsociety.co.uk

MASIC www.masic.org.uk

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