

## Self Referral to Physiotherapy for Women with Incontinence, Prolapse or Pelvic Floor Dysfunction

If you are passing blood in your urine or feel you have a urine infection, please see your GP and do not use this form.

**SURNAME** \_\_\_\_\_ Date of birth \_\_\_\_/\_\_\_\_/\_\_\_\_ **Only adults (16+) can self-refer**  
*(Please use CAPITALS throughout)*

**First name** \_\_\_\_\_ Today's Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**Title** Mr  Mrs  Miss  Ms  Other \_\_\_\_\_ GP's name \_\_\_\_\_  
Male  Female  Other  GP surgery \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ GP address \_\_\_\_\_  
\_\_\_\_\_ GP's Tel No. ☎ \_\_\_\_\_

**Postcode** \_\_\_\_\_ CHI number \_\_\_\_\_  
*(on your medical card, or from your GP)*

**Tel** ☎ Home \_\_\_\_\_  
Work \_\_\_\_\_ Mob \_\_\_\_\_

### 1. Do you have any of the following problems?

- Leakage of urine when you cough, laugh or sneeze
- Leakage of urine when you exercise
- A constant small dribble of urine
- Leakage of urine during sex

### 2. Do you have any of the following bladder problems?

- Strong, sudden need to pass urine perhaps when you put your key in the door or when washing dishes
- Sometimes leaking before you get to the toilet
- Are you always asking "where are the toilets?"
- Do you often pass only small amounts of urine when you go to the toilet?
- Are you up more than once over night to pass urine?

### 3. Do you experience any of the following?

- Pain with intercourse?
- Pain using a tampon?
- Unexplained pain in the pelvic floor area?

### 4. Do you have a feeling of something coming down, a lump or bulge or a dragging feeling in the vagina?

- Yes  No

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3. How long have you had this problem? \_\_\_\_\_

4. Have you been to physiotherapy before?  Yes  No When? \_\_\_\_\_

5. Have you been to a GP or other Health Professional for this problem?  Yes  No

Please let us know if you have any difficulty speaking English, or have any other needs.

**Patient's signature** \_\_\_\_\_

## Information

- If you have any of the below symptoms please contact your GP directly
  - Blood in your urine
  - Pain in your bladder
  - Unable to pass urine
  - Unexpected vaginal bleeding
- If you would like a routine physiotherapy appointment for your bladder or pelvic floor problems, please fill in this form.
- **Then send, or give, the form to Physiotherapy Department, Leith Community Treatment Centre, 12 Junction Place, Edinburgh, EH6 5JA.**
- The physiotherapy clinic will then contact you to arrange an appointment.
- **Waiting times:** there are waiting times for physiotherapy in most clinics. They vary, but it can take several weeks.
- We will inform your GP that you have attended physiotherapy.