



# Biofeedback Clinic

## Introduction

You have been referred by your consultant for biofeedback treatment. This information booklet has been produced to give a brief explanation of this process.

## What is biofeedback?

Biofeedback is a programme of treatment to improve your bowel function, the tests you have had have shown that your bowel symptoms are due to the muscles in your anus (bottom) not working correctly. These muscles can be retrained with biofeedback to work more effectively.

## What will happen next?

At this first biofeedback clinic appointment, you will be assessed to see if biofeedback treatment will help you. Enclosed with the appointment letter is a bowel diary for you to complete and bring to clinic. You will have some simple tests to assess your sphincter (bottom) muscle function and structure, these take about an hour. You may be assessed by our clinical psychologist to see if there is any additional help and advice we can give you. This part of the assessment is in the form of a simple interview, which takes about an hour.

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## Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Advice and Liaison Service (PALS) on 01932 723553 or email [pals@asph.nhs.uk](mailto:pals@asph.nhs.uk). If you still remain concerned please contact our Complaints Manager on 01932 722612 or email [complaints@asph.nhs.uk](mailto:complaints@asph.nhs.uk)

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## **Further Information**

If you require any additional information concerning the investigations or any advice please contact either:

Dawn McWilliams, Lead Nurse Anorectal Physiology, St Peter's Hospital, Chertsey.

Telephone: 01932 723861.

## **Who will carry out the biofeedback treatment?**

A specially trained nurse will carry out the tests and treatment and your privacy and dignity will be maintained at all times.

## **Will I need any preparation?**

No preparation will be required prior to the treatment. You may eat and drink before and after the tests and take any prescribed medications.

## **How long will the treatment take?**

For the first appointment, you will need to allow about an hour that gives us time to explain the tests and treatment process. The following treatment sessions last about an hour and will be arranged for every 4-6 weeks until your bowel problems have improved.

## **Should I bring someone with me?**

We would advise you to bring a member of your family or a close friend with you to your appointment.

## **Will I be able to drive following my tests?**

Yes, you will be able to drive following your tests, as no sedation is required.

### **What will happen after the tests?**

You will be able to resume normal activities following treatment. If you need to attend hospital for further tests and treatment we will advise you of the relevant treatment plan to suit your individual needs.

### **What are the risks and benefits associated with this treatment?**

Risk - None reported

Benefits - include improvement of bowel symptoms and quality of life

### **Are there any alternatives to this treatment?**

No - however research indicates patients' bowel symptoms and quality of life improve.

### **Useful Contacts**

**The Continence Foundation** - This organisation offers help and advice and has an established help-line service. They can be contacted at:

307 Hatton Square, 16 Baldwin Gardens, London EC1N 7RJ.

Telephone: 020 7404 6875.

Fax: 020 7404 6876.

Helpline: 020 7831 9831 (Monday to Friday 9.30 to 4.30)

**The Digestive Disorders Foundation** - This organisation is a registered charity that offers advice and information on digestive problems, and funds research at hospitals and universities. They can be contact at:

3 St Andrews Place, London NW1 4LB

[www.digestivedisorders.org.uk](http://www.digestivedisorders.org.uk)

**In Contact** - This organisation provides information and support for people affected by bladder and bowel problems. They can be contacted at:

Freepost, Lon 12119, London N7 9BR

Telephone: 020 7700 7035

[www.incontact.org](http://www.incontact.org)