

# To Make an Appointment:

If you have a GP in Torbay or South Devon then please contact us to make an appointment:

**Call 0300 0040335**

We have clinics at the following hospitals:

- Torbay                      Brixham
- Newton Abbot              Ashburton
- Paignton                      Totnes

You will be asked the following questions:

- 1) Confirmation of your details and GP
- 2) Your main complaint (i.e. bladder leakage, prolapse)
  - If your main problem is a musculoskeletal or specific bowel complaint we are unable to book you into this clinic
- 3) You will need to see or speak to your GP first if you have any of the following, if you are unsure, please contact us and a member of the team will ring you back to discuss it further:
  - a) Any tingling or burning sensation when you pass urine or any blood in your urine
  - b) Any unusual/unexpected bleeding or staining from the vagina
  - c) Persistent abdominal pain
  - d) Suddenly lost any weight without trying
  - e) Any numbness, tingling or muscle weakness in the pelvic or genital area

## Problems with bladder control or pelvic floor weakness?

You can now refer yourself directly for specialist NHS physiotherapy



**If you are female and over 16  
we can help with the following:**

Bladder leaks – Prolapse  
Bladder urgency & frequency  
Pelvic floor weakness

**No leak is normal!  
Take Control!**

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