

The Perinatal Pelvic Health Service

Maternity Services



What is this leaflet about?

This leaflet is on the Perinatal Pelvic Health Service (PPHS). It will tell you:

- about the service
- who can use the service
- what to expect at your first appointment

What does perinatal mean?

Perinatal is the time from conception (when the sperm and egg join together) to up to 1 year after the birth of your baby.

What pelvic health problems are common during the perinatal period?

It is common to experience pelvic health problems during the perinatal period. This is because of the impact that pregnancy and childbirth have on the pelvic floor muscles.

Pelvic health problems you may experience are:

- leaking wee
- finding it hard to empty all the wee from your bladder
- leaking poo
- Unable to control wind
- pooing less than 3 times a week

- cuts or tears between your vagina and anus (episiotomy or perineal tears)
- 3rd or 4th degree tears from childbirth (more severe perineal tear)
- a feeling of heaviness or bulging in your vagina (symptoms of prolapse)
- pain during or after sex

Other problems you may have during and after pregnancy include:

- back and pelvic pain
- separated tummy muscles (known as Diastasis Rectus Abdominis)

What is the PPHS?

Our service aims to stop, manage, or improve your pelvic health problems and the symptoms you are having.

We offer pelvic health Physiotherapy treatment at Royal Victoria Infirmary in Newcastle upon Tyne.

Referrals for back and pelvic pain during pregnancy or separated tummy muscles after birth will be seen under the Tyneside Integrated Musculoskeletal Service (TIMS) which has multiple sites across Newcastle and Gateshead.

Who can access the service?

You can use the service if:

1. You experience pelvic floor problems during pregnancy or up to 1 year after birth.
2. You are registered with a GP within the North East and North Cumbria region.



How can I access the service?

You can request a referral from your:

- midwife
- obstetrician
- GP
- Self referral

You do not have to have had your baby at the RVI to access the PPHS.

Working with other teams

We work closely with the Urogynaecology and Colorectal team. We may need to refer you to another team based on your symptoms. If we need to do this, we will speak to you about this first.

What happens after I am referred to the service?

After we receive your referral, we will send you an invite to treatment through the digital service. If you do not respond to this, we will send you another invite after 2 weeks.

When you respond, we will arrange an appointment for you with a member of the team. If we have not heard back from you then we will discharge you from the service.

What happens at the first appointment?

Your first appointment may be over the phone or face to face in the department.

A Physiotherapist will ask you questions about your symptoms. They will then make a treatment plan for you based on the information you give them and an assessment they will do.

We may ask you to book a follow up review with Physiotherapy or give you time to put your treatment plan into practise and contact us if your symptoms do not improve.

What happens if I need more support after my appointment?

We can refer you onto services for specialist management if your symptoms do not improve.



Feedback on the service

We would like to hear feedback about your PPHS appointment. Please scan the QR code below with the camera on your phone to fill out our questionnaire:



If that does not work, here is the link: www.smartsurvey.co.uk/s/JTRN6D/

Need to contact us?

Pelvic Health Physiotherapy – RVI Rehabilitation Reception

Phone: 0191 2825484 – option 2 for RVI

Monday to Friday, 8:30am to 4:30pm

Tyneside Integrated Musculoskeletal Service

To self-refer to TIMS for pregnancy related back or pelvic pain or separated abdominal muscles after birth please access the link below

Website: www.tims.nhs.uk

I would like to make a complaint

To make a complaint, please contact the Advice and Complaints team:

Website: Patient Advice and Liaison Service (PALS) - Newcastle Hospitals NHS Foundation Trust

Email: pals@nhct.nhs.uk

Phone: [0800 032 0202](tel:08000320202)

Monday to Friday, 8:30am to 4:30pm