

# Pelvic Health Support

Anyone can be affected by pelvic floor health problems during or after pregnancy, including accidental bladder or bowel leakage (incontinence) and prolapse. Help and support is available to you.



Local Maternity  
& Neonatal System



Norfolk and Waveney is providing support and help for anyone with antenatal (during pregnancy) or postnatal (after pregnancy) pelvic floor problems. Clinics will be located at the three Trusts in the region that provide maternity services:

- James Paget University Hospital
- Norfolk and Norwich University Hospitals
- Queen Elizabeth Hospital Kings Lynn

Our services will offer access for anyone with any symptoms or concerns about pelvic health to see a member of the pelvic health physiotherapy team, a specialist midwife or a doctor specialising in pelvic health.

Everyone receiving maternity care will be able to access these services throughout their pregnancy and for twelve months afterwards. The services include providing exercises which can help treat existing pelvic floor problems and prevent them developing.

## ePAQ Pelvic Floor Questionnaire

ePAQ (electronic personal assessment questionnaire) is an online questionnaire which accurately assesses your pelvic floor health and helps identify pelvic floor and pelvic health problems such as incontinence, prolapse bowel symptoms and sexual concerns. The results of this questionnaire are used to help determine if you need to see a physiotherapist, specialist midwife or nurse or pelvic health doctor during or after pregnancy. ePAQ helps identify any problems you may have, even if you are unaware there is a problem.

This is accessed via  
[start.epaq.co.uk](http://start.epaq.co.uk)

## Squeezy

A smartphone App dedicated to help you regain or build confidence in your pelvic health. Includes tailored exercise programs and advice.

