

PELVIC FLOOR HEALTH

New Brunswick resources for bladder leakage and pelvic floor concerns

Bladder leakage is common, and treatment options are available. If leakage is recurring, bothersome, worsening, or affecting exercise, work, sleep, travel, social activities or intimacy, consider speaking with a healthcare professional.

WHERE TO START

Tele-Care 811

A free, bilingual and confidential provincial health line available day and night. Staff can assess your situation, provide non-emergency health advice and help you find appropriate services in your community.

CALL 811 • Government of New Brunswick - Tele-Care 811

Primary care provider

Your family doctor or nurse practitioner can assess urinary symptoms, review contributing factors, arrange testing when appropriate, discuss treatment options and make referrals.

Horizon Health Network - Pelvic Floor Physiotherapy

Horizon provides specialized pelvic floor physiotherapy for concerns including urinary or fecal incontinence, urinary urgency, pelvic organ prolapse and pelvic pain. Confirm the current site and access process before travelling.

ACCESS: 1-833-928-2070 • Select Physiotherapy, then the applicable site

Virtual Care NB

For non-urgent concerns, Virtual Care NB can assess and treat many common health concerns virtually. Access begins through the provincial symptom checker or Tele-Care 811. Pelvic floor symptoms may still require an in-person assessment.

Government of New Brunswick - Virtual Care NB

WHEN TO SEEK MEDICAL ASSESSMENT

Seek advice when symptoms are recurring, bothersome or worsening. Seek assessment sooner for visible blood in the urine, persistent bladder or urethral pain, recurrent or persistent unexplained urinary infection, difficulty emptying the bladder, fecal incontinence, or concerning neurological symptoms.

If symptoms are severe or you are acutely unwell, seek urgent medical care.

WHAT TREATMENT MAY INCLUDE

Depending on the type of leakage and your goals, care may include supervised pelvic floor muscle training, bladder training, selected lifestyle measures, medicines, continence devices such as pessaries, procedures or surgery. Treatment is more than simply doing more Kegels.

CARE IS INDIVIDUAL

The right approach depends on the type of leakage, contributing factors and your goals. Assessment can help identify which options are appropriate.

This information is for general education and does not replace assessment or advice from a qualified healthcare professional.

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PUBLICATION NOTE Service information and links were reviewed in September 2026. Service locations, referral pathways and coverage may change; readers should confirm current details with the relevant provider.