

Going to your doctor: A conversation guide

Take this **conversation guide** with you to your appointment. It's important to discuss **bladder health** and symptoms of urine leakage — also known as **urinary incontinence** — with your health care provider.

Key Tips



Be detailed:

Your [bladder diary](#) provides crucial info; bring it with and don't hold back.

Bring support:

A friend or family member can help take notes.

Ask about underlying issues:

Incontinence can signal other health problems.

There are many ways to control or manage the leaking of urine.
Start by asking questions to understand the situation.

START WITH THE BASICS:

"I'm here because I'm having issues with bladder control"

*Describe your main symptoms:
"leaking, urgency, frequent trips."*

DIAGNOSIS AND CAUSE:

- "What type of incontinence do I have?"
- "What might be causing my symptoms?"
- "Could any of my current medications be contributing?"
- "Are there any tests you recommend?"

"For example, stress, urge?"

TREATMENT OPTIONS:

- "What are the treatment options for my situation?"
- "Are there non-surgical treatments I can try first?"
- "What are the pros, cons, risks and success rates of each?"
- "What's the next step if this treatment doesn't work?"

"Do you recommend bladder training exercises? Or pelvic floor strengthening exercises like kegels?"

"For example, medications, surgical options?"

LIFESTYLE AND MANAGEMENT:

- "Are there foods, drinks or fluids I should limit or avoid?"
- "How much fluid should I be drinking daily?"
- "Are there management strategies for leaks during activity or travel?"

"For example, caffeine, alcohol?"

LONG-TERM PLAN:

- "What's the long-term outlook for my condition?"
- "When should I follow up?"

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