

## TALKING WITH YOUR HEALTH CARE PROVIDER

### What can I do about urinary incontinence?

#### Discussion Tips: Reviewing your Problem with your Healthcare Practitioner

**Write down any symptoms you are having.** Include all of your symptoms, even if you do not think they are related. Write down what and how much you drink in a day. Keep a bladder diary and bring to the appointment.

**Make a list of any medications, vitamin supplements or herbal products you take,** even if you think they are not important. Many of these can irritate the urinary tract. Also write down doses and how often you take them.

**Have a family member or close friend come with you when you see your health care provider, specialist or go for a test.** You may be given a lot of information at your visit, and it can be hard to remember everything.

**Take a notebook or notepad with you.** Use it to write down important information during your visit.

**Prepare a list of questions to ask your health care provider.** List your most important questions first, in case time runs out.

#### Useful questions to ask your healthcare provider:

1. Will the leaking stop by itself after some time?
2. What assessments or tests may I need to determine the cause of my incontinence?
3. What is the most likely cause of my symptoms?
4. Could the medications I take cause my urinary incontinence or make it worse?
5. What treatments are available and which do you recommend?
6. Do I need to see a specialist?
7. Are there resources in my community I can access

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