

## Concerned about stress urinary incontinence (SUI)?

# Make the most of your time with your doctor

Answer the questions below prior to meeting with your doctor.  
Circle all the options that apply.

Stress urinary incontinence, also known as SUI, is a type of bladder leakage where urine leaks out of the bladder when stress or pressure is applied to the bladder when you run, jump, cough, sneeze, laugh, etc.

### 1. Do you leak during any of the following activities?

- Laughing
- Heavy lifting
- Coughing
- Physical activity
- Sneezing
- Sex

### 3. What are you currently doing to manage or treat your SUI?

- Lifestyle changes (*frequent bathroom visits, drinking less liquid, wearing black pants, etc...*)
- Pads/Adult Diapers
- Pelvic Floor Therapy /Kegels
- Pelvic Floor Trainer Device
- Bulking Agents
- Mid-Urethral Slings

### 2. How long have you been experiencing leakage?

- A few months
- 1-3 years
- 1 year
- More than 3 years

### 4. How satisfied are you with your current management/treatment? (1-5 scale)

- Not at all Satisfied – I need to consider other treatment options
- Not Satisfied – I want to consider other options
- Neutral – it's bothersome, but if it gets worse I want to know what treatment exists
- Satisfied – what I'm doing is working for me
- Very Satisfied – I barely notice my SUI

## Questions for your doctor?

- What treatment options are available for SUI?
- What do the procedures entail?
- What are the risks and benefits of each treatment option?
- How effective are each of these treatment options and how long do they last?
- For surgical options, what can I expect after surgery and what is the recovery time?



- [Find a specialist](#) near you

### Click the links to:

- Learn more about [SUI and treatment options](#)
- Visit patient website [FemalePelvicSolutions.com](#)