



Questions to Ask Your Doctor

Urinary incontinence is a common problem, yet people are still hesitant to talk to their doctors about it. There are treatment options available, but if your doctor isn't aware of the condition, they can't help you resolve it.

Here are some questions you can ask your doctor about your incontinence and the treatment options available.

And remember, it's ok to ask for a second opinion!

General Diagnosis Questions

1. What kind of incontinence do I have?
2. What tests will help diagnose what type and how severe my incontinence is?
3. Can you help me, or do I need a referral to a specialist?
4. What do you think is causing my incontinence?
5. What follow-up care do I need?
6. Is my incontinence curable?
7. What is my long-term plan?
8. Could my incontinence be caused by another illness or medication I'm on?

Treatment Questions

1. What will happen if I don't get treatment?
2. Will diet and lifestyle changes help my incontinence?
3. Should I try Kegels?
4. Would medication help my incontinence? If so, do they cause side effects?
5. What else do you suggest and why?
6. Are there any problems that could come from treatment?
7. If my incontinence is caused by menopause, will hormone replacement therapy help?
8. Do you suggest surgery? If so, what are the pros and cons?