

Could I Have Urinary Incontinence?

Self Quiz

If you are experiencing sudden urine leakage, take a few minutes to answer the following questions. Your answers to these questions can help your doctor determine if you have incontinence and, if so, what type of incontinence you have. Answer every question to the best of your ability. Discuss your answers with your doctor or other healthcare professional so together, starting today, you can choose the treatment options that are best for you.

1. Have you experienced unplanned, sudden urine leakage either while sleeping or during the day?

Yes No

2. Do you experience leakage while laughing, sneezing, jumping or performing other movements that put pressure on the bladder?

Yes No

3. Do you frequently experience a sudden and immediate urge to urinate?

Yes No

4. Have you noticed a change in your frequency of urination?

Yes No

5. Do you visit the bathroom more than 8 times in a 24-hour period?

Yes No

6. Do you wake more than twice per night to use the toilet?

Yes No

7. When planning a trip, outing or event, does the availability of restroom facilities affect your decision?

Yes No

These results should be used as a guide. You should always consult your doctor or healthcare professional.

