

Embarrassed by your leaky bladder?

Unintentionally peeing or a leaky bladder is also known as urinary incontinence and it's a common problem affecting millions of people. Many suffer in silence, too embarrassed to speak to their GP. But if you think you have urinary incontinence your doctor can help you manage the problem so you can live life to the full.

Speaking to your doctor

When you see your GP they will determine the type of incontinence you have by asking about your symptoms and examining you. Some questions the doctor might ask are:

- ➡ Do you leak when you cough or laugh?
- ➡ How often do you go to the loo during the day or night?
- ➡ Do you have difficulty peeing when you go to the loo?
- ➡ How much fluid, alcohol or caffeine do you drink?

You may find keeping a diary of your bladder habits will help when speaking to your GP. Download our three-day bladder diary at theurologyfoundation.org/bladderdiary



How to reduce your risk

You cannot always prevent urinary incontinence but lifestyle habits can help

- ➡ Maintain a healthy weight
- ➡ Limit alcohol & caffeine intake
- ➡ Keep fit and maintain a strong pelvic floor

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The Urology Foundation is a medical charity (no.1128683) working to improve the lives of people with a cancer or condition of the kidneys, bladder or male reproductive organs. We fund research, training and education into all urological conditions and diseases including urinary incontinence and cancers.

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