

Bladder Leaks Quick Check

Many people experience bladder leaks, urgency or changes in how often they go to the bathroom. These symptoms are common, but that doesn't mean they're normal. The good news is that effective treatments are available now. The answers you provide here can help your clinician evaluate your condition and develop a treatment path that can put you on the road to a life without leaks.

1. In the past 3 months, have you leaked urine, even a small amount?

- ☐ No ☐ Yes ☐ Not Sure

2. When does leaking usually happen? *Check all that apply.*

- ☐ When I cough, sneeze, laugh, exercise, lift or stand up
☐ When I suddenly feel a strong urge and cannot get to the bathroom in time
☐ On the way to the bathroom
☐ During sleep
☐ I have a weak stream, strain to urinate, or feel like I don't empty completely.
☐ I leak without warning
☐ Other: _____

3. How often does this happen?

- ☐ Less than once a week
☐ A few times a week
☐ About once a day
☐ Several times a day
☐ Constantly or very frequently

4. How much does it usually affect your life?

- ☐ Not at all
☐ A little
☐ Moderately
☐ A lot

5. Have you changed anything because of bladder leaks or urgency? *Check all that apply.*

- ☐ I wear pads, liners, protective underwear or extra clothing
☐ I avoid exercise, travel, social events, sex or certain activities
☐ I plan my day around bathroom access
☐ I limit fluids
☐ I wake up often to use the bathroom
☐ I have not changed anything

6. Would you like to talk about this with your clinician today?

- ☐ Yes
☐ Maybe, but I'm embarrassed
☐ Not today, but I'd like information
☐ No

7. Please tell your clinician right away if you have any of the following:

- ☐ Blood in the urine
☐ Pain or burning with urination
☐ New or sudden leakage
☐ Fever, back pain or feeling very ill
☐ Trouble starting urination or emptying the bladder
☐ New weakness, numbness or loss of bowel control
☐ Recent pelvic surgery, childbirth injury or trauma

For Clinician/Care Team Use Only: Quick Review

- Likely pattern: ☐ Stress UI
☐ Urgency UI/OAB
☐ Mixed UI
☐ Overflow/retention concern
☐ Red flag

- Next step: ☐ Discuss conservative care
☐ Urinalysis
☐ Bladder diary
☐ Pelvic floor PT
☐ Medication discussion
☐ Referral