

Urinary Incontinence HCP Conversation Toolkit

For primary care and women's health clinicians

This packet is designed to help care teams start proactive, practical conversations about urinary incontinence in women. Use the tools together or individually to screen for bladder leaks, identify likely symptom patterns, understand patient impact and guide next steps for treatment or referral.

How to use this packet

1

Bladder Leaks Quick Check

Start here during intake, rooming or an annual/well-woman visit to screen for leakage, identify a likely symptom pattern, flag red symptoms and open the conversation.

2

3-Day Bladder Snapshot

Use before or after the appointment when more detail is needed. This simplified tracker helps patients note bathroom trips, urgency, leaks, pads/protective products and common triggers.

3

Urinary Incontinence Treatment Conversation Guide

Use during the clinical discussion to explain SUI, OAB/UUI and mixed symptoms, review first-line strategies and treatment options, and identify when referral is appropriate.

Suggested workflow: Screen -> Track -> Discuss treatment/referral

These tools are intended to support, not replace, clinical judgment and local practice protocols.