

# URINARY INCONTINENCE QUESTIONNAIRE

Incontinence means releasing urine when you don't mean to, even a small amount.

1. Do you have an unintentional loss of urine when you cough or sneeze?
  - a. Often
  - b. Never
  - c. Sometimes
2. Do you have an unintentional loss of urine when you laugh?
  - a. Often
  - b. Never
  - c. Sometimes
3. Do you have an unintentional loss of urine when you squat or lift?
  - a. Often
  - b. Never
  - c. Sometimes
4. Do you have an unintentional loss of urine when you walk quickly, jog, jump or exercise?
  - a. Often
  - b. Never
  - c. Sometimes
5. Do you have an unintentional loss of urine while you're undressing to use the toilet?
  - a. Often
  - b. Never
  - c. Sometimes
6. Do you have an unintentional loss of urine before reaching the toilet?
  - a. Often
  - b. Never
  - c. Sometimes
7. Do you have to hurry to a bathroom because you get a sudden, strong need to urinate?
  - a. Often
  - b. Never
  - c. Sometimes
8. Does it feel like you can't empty your bladder all the way?
  - a. Often
  - b. Never
  - c. Sometimes

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If you answered "Often" or "Sometimes" to questions 1, 2, 3 or 4, then you most likely suffer from stress urinary incontinence.

If you answered "Often" or "Sometimes" to questions 5, 6, 7 or 8, then you most likely suffer from an overactive bladder or urge urinary incontinence.

It's important to note: You should only leak a tiny amount of urine.

If your bladder empties, you are experiencing a different incontinence issue.

Incontinence is not normal. Talk to your primary care provider about treatment options.