

# Overactive Bladder *talking with your* Health Care Provider

IT'S TIME TO TALK  
ABOUT OAB



Are you having urinary problems, but don't know what to tell your health care provider? You may have Overactive Bladder. If so, you are not alone! Millions of people suffer with urinary problems for years without asking for help. Don't be one of them; don't wait. Learn more about Overactive Bladder (OAB), and make an appointment with your health care provider TODAY. Then start talking! There is help for you!

## Tips to help you get started:

**Be prepared:** Before your visit with your health care provider, gather some important information. Bring a list of the prescription drugs, over-the-counter medicines, vitamins and/or herbs you take. And make a list of all your past and current illnesses or injuries. You may also want to go to [ItsTimeToTalkAboutOAB.org](https://www.ItsTimeToTalkAboutOAB.org) and complete the Overactive Bladder Assessment Tool. Bring the results to your visit to help you discuss your symptoms with your health care provider.

**Bring a friend:** Ask a relative or friend to go with you to your appointment. An "appointment buddy" can help remind you of things you may have forgotten to ask, and be a second set of ears to help you remember what your health care provider said.

**Introduce the topic:** If your health care provider doesn't ask you about your OAB symptoms, bring the topic up yourself. Don't wait until the end of your visit. Start talking about it early so there will be plenty of time for questions. If you see a nurse first, talk about your urinary symptoms even before your doctor enters the exam room.

**Take notes:** Bring a pad of paper and a pen to take notes or use an electronic device like a mobile phone.

**Speak freely:** Tell your health care provider about your symptoms. There is no need to feel embarrassed. Remember, your health care provider is used to hearing about all kinds of problems.

**Talk about how your symptoms have changed your life:** Tell your health care provider not only what symptoms you have, but how they have affected your everyday life. This information can help you and your health care provider decide which treatment choices are best for you. Before your visit, ask yourself these questions and share your answers with your health care provider:

- Are my symptoms stopping me from enjoying activities outside of my home?
- Am I afraid to be too far away from a restroom?
- Have my symptoms changed my relationships with friends or family?
- Do my symptoms make it hard to get a good night's sleep?

**Ask questions:** Understanding more about OAB is the best way to take control of the problem. A visit to your health care provider is the right time to ask questions. Use the list of questions provided below as a guide.

## Questions to Ask Your Health Care Provider:

- What is Overactive Bladder (OAB)?
- What causes OAB?
- Can you prevent OAB?
- Can you help me or do I need to see a specialist? If so, how can I find the right one for me?
- Will I need to have tests to find out if I have OAB?
- If so, would you explain each test, and why you are recommending them?
- Are there any risks from having these tests?
- Are there any lifestyle changes I can make that could help my symptoms?
- Are there any exercises I can do to help my symptoms?
- Do I need to see a physical therapist?

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- What types of treatment are available for OAB?
- Are there side effects from treatment?
- What are the pros and cons of each type of treatment?
- What treatment do you recommend for me and why?
- How soon after treatment will my symptoms improve?
- What happens if the first treatment doesn't help?
- Will I need treatment for the rest of my life?
- Can you "cure" OAB?
- What are the risks of not treating OAB?
- If I don't have OAB, what other problem could be causing my symptoms, and why?
- What's my next step?

**Talk about follow-up care:** Finally, ask your health care provider when you should make another appointment. Also, ask what you should bring with you to that visit.

**It's About Time.**  
*It's about you*

## About the Urology Care Foundation

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, [UrologyHealth.org/UrologicConditions](http://UrologyHealth.org/UrologicConditions) or go to [UrologyHealth.org/FindAUrologist](http://UrologyHealth.org/FindAUrologist) to find a doctor near you.

### Disclaimer:

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or health care provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

For copies of printed materials about OAB and other urologic conditions, visit [UrologyHealth.org/Order](http://UrologyHealth.org/Order) or call 1-800-828-7866.

[ItsTimeToTalkAboutOAB.org](http://ItsTimeToTalkAboutOAB.org)

Patient resources provided through the generous support of

