



# Stress Urinary Incontinence

## Talking to Your Doctor

*Urology Care*  
FOUNDATION™  
*The Official Foundation of the  
American Urological Association*

Some may feel it is not easy to talk with your health care team about urine leaks. Even if you feel this topic may be too private, it is of great value to know your doctor can help. When you are ready to talk about urine leaks, there may be a few things your health care provider will want to know.

Some questions your doctor may ask you are:

- When do you leak urine?
- How often do you leak urine?
- How much urine do you leak?
- What is your medical history?

Talking with your doctor may help them to learn if your leaks are from Stress Urinary Incontinence (SUI) or something else.

### Do Your Own Research

Before you visit your doctor, learn what you can about SUI. Consider your symptoms and if they seem to be SUI or something else. If you know more about your symptoms before you talk with your doctor, it may lead you to a more helpful talk.

**Once you find the right doctor to help you with your urine leaks, you may learn more by asking questions.**

### Start Talking with Your Doctor

During a regular visit to your health care provider, SUI is not likely to come up. It is important to talk about your concerns. This way your provider can help you find relief. It may be best to mention your concerns about SUI at the start of your visit so you will have enough time to talk about things that may help.

#### Here are a few ways to start talking with your doctor:

- I'm having a bladder control problem. Are you the right person to help?
- I've noticed that when I cough, sneeze or exercise (or whatever the activity may be), a little urine comes out. Can you help me?
- I find I sometimes wet myself when I laugh or work out. Can you suggest ways to help?

If your health care provider is able to treat SUI, he/she may suggest some basic tests to learn more about your urine leaks. If your provider is not the right person to help, then ask them to suggest a urologist or a gynecologist who specializes in incontinence.

### Questions to Ask Your Doctor

Once you find the right doctor to help you with your urine leaks, you may learn more by asking questions.

#### Diagnosis Questions:

- o *What is causing my urine leakage?*
- o *Do you think I have SUI?*

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*o What can we learn from test results?*

### **Treatment Questions:**

*o What are my treatment choices?*

*o What treatment do you suggest for me?*

*o Are there any risks to these types of treatments?*

*o What can I do to improve my quality of life?*

### **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](https://UrologyHealth.org/UrologicConditions) or go to [UrologyHealth.org/FindAUrologist](https://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 talk to a health care provider before you start or stop any treatments, including medications.

For more information, visit [UrologyHealth.org/Download](https://UrologyHealth.org/Download).