

How much does your incontinence affect you?

Living with incontinence can affect many aspects of your daily life, from your routines to your emotional well-being. Understanding how much these symptoms impact you is an important first step in finding a treatment plan that fits your needs. This worksheet is designed to help you reflect on your experiences and rate how bothersome your symptoms are.

Simply check the boxes and record how much your symptoms impact your life (1 = no impact, 10 = very significant impact):

	1	2	3	4	5	6	7	8	9	10
Ability to do my job well	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Ability to pursue your hobbies and past times	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Ability to enjoy your sex life	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Ability to spend quality time with your family and friends	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Quality of sleep	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Ability to carry out day-to-day tasks (e.g. shopping)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Ability to travel	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Emotional wellbeing (e.g. Do you feel embarrassed, judged by others etc.). Does that bother you?	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Mental health (e.g. experiencing depression/anxiety in response to your incontinence symptoms)	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

Sharing your choices can help your healthcare provider recommend options that fit your needs and lifestyle.

Print these documents and bring it to your next conversation with your healthcare provider.

Finding the right treatment for you: your personal reflection

When choosing a treatment, everyone's priorities are different. Use this checklist to show what matters most to you. Sharing your choices can help your healthcare provider recommend options that fit your needs and lifestyle.

Simply check the boxes and record how much your symptoms impact your life (1 = no impact, 10 = very significant impact):

	1	2	3	4	5	6	7	8	9	10
How long the treatment lasts	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
How often the treatment needs to be repeated	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
How quickly I will get relief from your symptoms	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Ability to spend quality time with your family and friends	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
How invasive the treatment is	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Risk of complications from treatment	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Potential side effects of the treatment	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
The treatment procedure	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Access to a treatment centre	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐
Cost of the treatment	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐

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Making the most of your appointment: questions to consider

Your healthcare provider will ask you about your symptoms to better understand your needs. These questions may feel personal, but sharing honest answers helps you get the care that's right for you.

It's also important to ask your own questions about treatment options and what to expect. You have the right to be informed and involved in your care. Here are some example questions you might want to bring to your next appointment:

- Will my incontinence get worse if left untreated?
- What treatments are available?
- How long will the treatment last?
- What do you recommend?
- Are there any side effects?
- Are there other treatments that I should consider?
- Are there any incontinence products you recommend?
- Should I limit my fluid intake?
- Should I stop drinking after a certain time?
- Should I alter my diet or exercise?
- Can you recommend any websites where I can learn more?

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