

Discussion Guide

Questions to Ask About Overactive Bladder

Before your appointment

Consider how OAB is affecting you, so you're prepared to discuss these factors with your clinician:

1. How many times do you typically pee during the day? ☐ 7 or less times per day ☐ 8 or more times per day
2. How many times do you wake up in the night to pee? ☐ 0 to 1 times per night ☐ 2 or more times per night
3. Do you often feel a sudden urge to pee that is difficult to control? ☐ Always ☐ Often ☐ Occasionally ☐ Rarely ☐ Never
4. Do you frequently leak pee because you can't control the urgency? ☐ Always ☐ Often ☐ Occasionally ☐ Rarely ☐ Never
5. Does OAB affect your daily life, such as interfering with work, hobbies, time with family and friends, or day-to-day tasks? ☐ Always ☐ Often ☐ Occasionally ☐ Rarely ☐ Never
6. Do you change travel plans because of OAB? ☐ Always ☐ Often ☐ Occasionally ☐ Rarely ☐ Never
7. Does OAB affect your sex life? ☐ Always ☐ Often ☐ Occasionally ☐ Rarely ☐ Never
8. Do you experience any effects on your mental health because of OAB? ☐ Always ☐ Often ☐ Occasionally ☐ Rarely ☐ Never

At your appointment

Questions to ask your clinician about OAB

1. What factors — such as menopause, diet or medications — can be contributing to my OAB?
2. Do you think I need any specific diagnostic tests, such as a urinalysis, ultrasound or a postvoid residual volume test (PVR)?
3. What treatment options are available to manage my OAB symptoms?
4. Is there a need for me to see a specialist? If so, what type of specialist should I see?
5. Are there lifestyle changes that I can make to help prevent or improve symptoms?

Questions to consider when choosing a treatment

1. How long will the treatment take before I get relief from my symptoms?
2. Are treatments daily, weekly or on a different schedule?
3. Are treatments oral, topical or by injection?
4. Do nerve stimulation devices help and if so, should I consider one?
5. What side effects can I expect from treatment?
6. Do you suggest a specific treatment over another?
7. Will I need treatment for the rest of my life?
8. Are there any risks or complications with certain treatments?
9. What happens if the treatment doesn't work?
10. What are my next steps?

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