

Issues with Bladder Control?

Self-assessment Questionnaire

Do you leak or wet yourself when you:

- cough, laugh or sneeze?
- lift something heavy, run or jump?
- change position such as sit to stand?

Do you:

- notice your bladder wasn't full when you thought you needed to go?
- notice you frequently can't hold your urine for more than 2 hours?
- wear pads "just in case"?
- often have to rush to use the toilet?
- not make it to the toilet in time?
- plan your day around the nearest toilet?
- get up more than twice a night to go to the bathroom?
- dribble urine after going to the toilet?
- have other bladder symptoms you feel should be addressed by a health care professional?

People of all genders and ages can have bladder issues.

Factors that increase your risk include:

- Pregnancy and childbirth
- Neurological disorders such as Parkinson's or Multiple Sclerosis
- Menopause
- Changes with aging
- Surgeries
- Physical mobility issues
- Enlarged prostate or prostate surgery
- Excess weight
- Physical deconditioning
- Chronic cough
- Sleep apnea
- Side effects from medications
- Constipation

more information on other side →

If you checked any of these boxes, you may have issues with bladder control. There are health care providers that can help you.

Call 8-1-1 Healthlink BC www.healthlinkbc.ca	Nurse	24 hours a day	Daily	Call 8-1-1 to speak with a nurse, ask a dietitian about nutrition, or a pharmacist about your medication.
	Dietitian	9 a.m. – 5 p.m.	Mon – Fri	
	Pharmacist	5 p.m. – 9 a.m.	Daily	
	Hearing Impaired	Call 7-1-1		

Issues with Bladder Control? *(continued)*

How does my bladder work?

The bladder is a hollow muscle pump. It fills slowly with urine from the kidneys.

The urethra is a tube that drains urine from the bladder. The pelvic floor muscles help to control closing this tube.

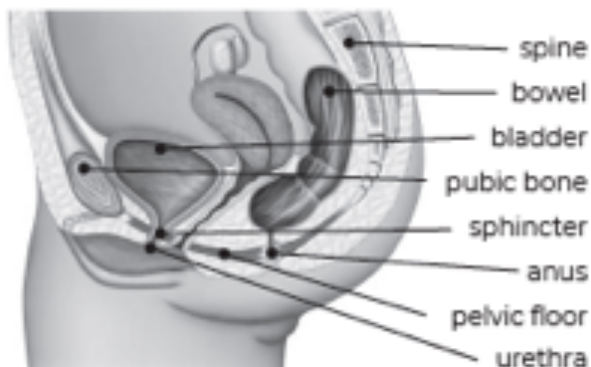
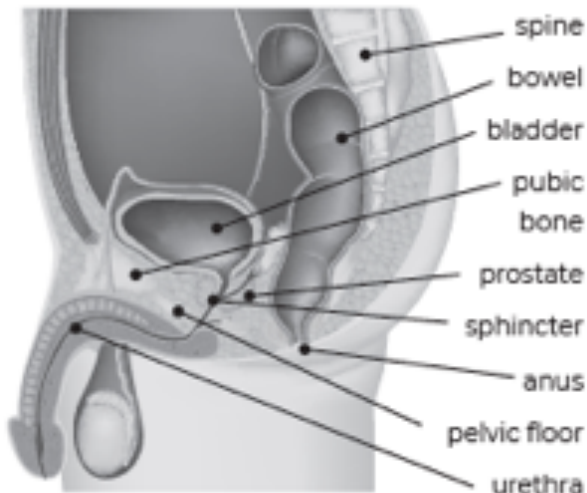
When your bladder fills up with approximately one cup of urine, you start to feel the urge to pass urine.

When you sit on the toilet, the urinary sphincter and pelvic floor muscles relax. Then the urine drains out.

This 'fill and empty' cycle repeats every 2-4 hours while we are awake.

As we get older, it is normal to empty our bladder up to 2 times at night.

Anatomy of the Urinary System



Look for Help!

Bladder control issues often lead to feelings of embarrassment and reluctance to seek help. Often help can be provided with easy ways to address the issue. You don't have to put up with it!

Share your concerns with your current health care provider (physician, nurse practitioner, physiotherapist, occupational therapist). They will discuss treatment options with you or refer you to another health care provider.

OR

Find your own continence specialist:

1. Physiotherapists can help assess and treat your bladder control issues. Find one that focuses on pelvic floor health at

www.bcphysio.org

Click the "Find a Physio" link, then select any/all:

- Incontinence
- Women's Health
- Pelvic Floor

Then find one in your area.

2. Nurse Continence Advisors have training to help you with your bladder issue. There are also Continence Clinics in some parts of the province. These can be found on the Canadian Continence Foundation website:

www.canadiancontinence.ca

Click on "Diagnosis & Treatment" then "Locate a professional" then look for one in your area.