

Medtronic

Start the conversation

Talk to your doctor about bladder or bowel control



Bladder or bowel leaks shouldn't be something you have to tolerate. This guide is designed to help you talk openly with your GP and find a path to help improve bladder or bowel control.

Before your appointment

Gather information that will help your doctor understand your situation.

Consider your answers to these questions:

- Are leaks or accidents always at the back of your mind?
- Do you avoid social events, travel or exercise because you're worried you won't make it to the bathroom in time?
- If you're already receiving treatment, is it helping you find the relief you need?

Consider keeping a bladder or bowl diary for a week before your GP visit to help your doctor understand your symptoms more clearly.



To learn more about bladder and bowel control therapies, hear patient stories or find a specialist, visit:
speakaboutleaks.com.au

Visit speak about leaks

During your appointment

Talk with your doctor about your condition, the treatment options available to you, and the pros and cons of each.

Ask your doctor these questions:

- What treatment options are available, and which of those have you found to be most successful?
- When should I consider seeing a specialist?

For each treatment option:

- What results could I expect?
- What are the risks and benefits?
- If that treatment is not successful, what is my next option?

Many people start with first-line treatments like lifestyle changes, pelvic floor exercises or medications. If these don't provide enough relief, your GP can talk to you about whether seeing a specialist might be helpful.