

BLADDER SYMPTOM SURVEY

Which symptoms best describe you?

Frequent Urination – Day, Night, or Both Leaking with Sneezing, Coughing,
Exercising
Sudden or Strong Urge to urinate Leaking with Urge or No Warning
(Unable to make it to the bathroom in time)
Unable to Empty the Bladder Bladder or Pelvic Pain

How long have you had these symptoms? _____

Have you tried medications to help your symptoms? Yes No

If yes, check the medications you have tried:

Detrol® LA Ditropan XL® Flomax® Cardura®
Oxytrol® Patch Enablex® VESIcare® DDAVP®
Sanctura® Elavil® Elmiron® Other _____

Did these medications help your symptoms? Circle #

0	1	2	3	4	5	6	7	8	9	10
No Relief								Completely Cured		

If you've stopped taking your meds explain why:

Did not Help Side Effects Too Expensive

Describe Side Effects _____

Behavior Modifications Tried _____

(i.e., caffeine intake, lifestyle changes, bladder training, pelvic floor muscle training)

What is your level of frustration with your bladder symptoms? Circle #

0	1	2	3	4	5	6	7	8	9	10
Not Frustrated								Very Frustrated		

Do you currently have any problems with bowel function?:

Fecal Incontinence Constipation Other

I am interested in learning more about treatment alternatives to medications:

Yes No

Name _____ Phone # _____

My Bladder Diary

Keeping a daily bladder diary will help you and your healthcare provider determine whether or not you experience Stress Urinary Incontinence (SUI).

Date: _____

Time	Drinks		Trips to the bathroom		Accidental leaks	Did you feel a strong urge to go?	What were you doing at the time?
	<i>What kind?</i>	<i>How much?</i>	<i>How many times?</i>	<i>How much urine?</i>	<i>How much?</i>	<i>Yes / No</i>	<i>Sneezing, exercising, etc.</i>
6 - 7 a.m.							
7 - 8 a.m.							
8 - 9 a.m.							
9 - 10 a.m.							
10 - 11 a.m.							
11 a.m. - noon							
noon - 1 p.m.							
1 - 2 p.m.							
2 - 3 p.m.							
3 - 4 p.m.							
4 - 5 p.m.							
5 - 6 p.m.							
6 - 7 p.m.							
7 - 8 p.m.							
8 - 9 p.m.							
9 - 10 p.m.							
10 - 11 p.m.							

