

Medtronic

Start the conversation

Talk to your doctor about bladder or bowel control

If you're one of the tens of millions affected by bladder or bowel control problems, it's time to speak up. This guide is to help you talk openly with your doctor about your symptoms and their impact on your quality of life.



Find the right treatment for you

Tips :



You can use the terms bladder and bowel control instead of incontinence if it's easier to say.



Track your bladder and bowel movements for a few days (3 days recommended) before your appointment. Note the frequency and intensity of « urges » to go to the bathroom. This will help your doctor better understand your symptoms.



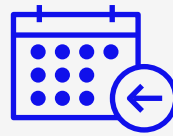
A diary is available to help you track your symptoms on the same webpage you found this document.

Medtronic

Europe
Medtronic International Trading Sàrl.
Route du Molliau 31
Case postale
CH-1131 Tolochenaz
Tel: +41 (0)21 802 70 00
Fax: +41 (0)21 802 79 00

UC202402506EE © Medtronic 2023.
All rights reserved.

[medtronic.eu](https://www.medtronic.eu)



Before your appointment

Gather information that will help your doctor understand your situation.

Consider your answers to these questions :

- Do bladder or bowel issues occupy your thoughts ?
- Are you afraid of being too far away from a restroom ?
- Do you turn down invitations from friends or family because you're afraid you'll experience incontinence?
- If you're already receiving treatment, is it helping you find the relief you need?



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 :

- Is what I'm experiencing common?
- How many people with this condition have you treated?
- What treatment options are available, and which of those have you found to be most successful?

For each treatment option:

- What results could I expect?
- How long do the results last?
- Does it lose effectiveness over time?
- What are the risks and benefits?
- If that treatment is not successful, what is my next option?