

Urinary Incontinence

Urinary Incontinence (UI) is the loss of bladder control. Some people may have mild leaking to uncontrollable wetting. Leaking can happen when you sneeze, laugh or lift a heavy object. Or you may have a strong urge to go to the bathroom followed by loss of urine. Some people have both types of leakage. Here is what you can do:



Drink less caffeine.

- Drink less fluids in the evening.
- Drink less caffeine and alcohol.
- Learn how to do pelvic exercises.
- Maintain a healthy weight.
- Do not smoke.

Ask Your Doctor about treatment options for UI.

Ask Your Doctor about pelvic exercises.

Ask Your Doctor how to do bladder training.

Talk to your doctor about medicines you are taking as some could make your symptoms worse.

Before you begin taking medicine for UI, ask your doctor or pharmacist these questions:

- Can I take my UI medicine with other medicines? _____
- How often should I take my UI medicine? _____
- Is there a limit to the amount of UI medicine I can take in one day? _____
- Should I take my UI medicine with or without food? _____
- Are there foods or drinks I should not have while taking my UI medicine? _____
- If there are warning labels on the medicine bottle, what do they mean? _____
- What are the side effects of my UI medicine? _____
- What should I do if I suffer a serious side effect? _____



Do not smoke.



Ask your doctor about treatments for UI.

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For more information, go to www.MedlinePlus.gov and search for "Urinary Incontinence".

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