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It's time to speak up about your bladder symptoms

If you are experiencing symptoms of urgency, frequency, and leakage, you are not alone. Many live with these issues in silence rather than bring them up with their doctor. Here are some suggestions to help you start that conversation.

USE THESE TIPS AT YOUR NEXT DOCTOR'S APPOINTMENT:

-  **Do your homework:** By coming to your appointment prepared with an honest account of your bladder habits, you can give your doctor a better idea of your condition, and start the discussion of options to help manage your symptoms. Ask your doctor for a bladder diary to document your bathroom behaviors
-  **Make it a priority:** If your doctor doesn't ask you about your urinary symptoms, bring the topic up yourself. Have the conversation early, don't let it wait until the end, when there may not be enough time for discussion
-  **Speak up:** Talk openly with your doctor about your symptoms. Though it may seem embarrassing to you, your doctor is used to hearing about bladder symptoms
-  **Ask questions:** Understanding more about your bladder symptoms is a step in the right direction to having an open and honest conversation. A visit to your doctor is the right time to ask questions
-  **Track your symptoms:** Your doctor may suggest that you record your symptoms in a bladder diary to help gain awareness of your condition

If you're living with bladder symptoms of urgency, frequency, and leakage, it could be a common condition called overactive bladder (OAB).

This Doctor Discussion Guide is an awareness tool designed for you and your doctor to use together. It cannot diagnose OAB and should not replace the advice of your HCP.