

Melbourne Bladder Clinic

Urinary Incontinence Questions

Useful for men and women who want to know roughly what type of incontinence they may have

QUESTIONS TO ASK YOURSELF	STRESS INCONTINENCE	URGE INCONTINENCE / OAB	MIXED INCONTINENCE	OVERFLOW INCONTINENCE
Do you leak when you sneeze, cough, jump, lift heavy objects?	Yes	No	Yes	Sometimes
Do you often get strong urges to pass urine that you cannot defer?	No	Yes	Yes	No
Have you not made it to the toilet in time?	No	Yes	Yes	No
Do you get strong bladder urges when you put the key in the front door? When you hear a running tap?	No	Sometimes	Sometimes	No
Do you go to the toilet 8 times during the daytime?	No	Mostly	Mostly	No
Do you wake up more than once to pass urine at night?	No	Mostly	Mostly	No
Do you leak urine overnight even if you don't wake up?	No	Sometimes	Sometimes	Yes
Are you often unaware when leakage would occur (no warning)?	No	No	No	Yes
Do you have a less need or sensation to void compared to other people?	No	No	No	Yes