



# Talk to Your Doctor About SUI

*Urology Care*  
FOUNDATION™

*The Official Foundation of the  
American Urological Association*

Though it's not easy to talk about, and very personal, your healthcare provider should be informed if urinary leaks are a problem for you. They can help, or they can refer you to a specialist.

There are a few things your healthcare provider will want to know to make a diagnosis about Stress Urinary Incontinence (SUI) or something else. At first, they will ask about your experiences. (When do you leak urine? How often? How much?) Your provider will also review your medical history, perform a physical exam, and may ask for other tests to find the cause of leaks.

## DO YOUR OWN RESEARCH

Before you visit your provider or a specialist, learn what you can about SUI. Consider your symptoms and if they seem to be SUI or something else. We offer a few helpful resources on [UrologyHealth.org](http://UrologyHealth.org). If you understand your symptoms before you talk with your doctor, it will lead you to a more helpful discussion.

**33 million people experience urinary incontinence. Talk to your doctor and get the help you need.**

## START THE CONVERSATION

During a regular visit to your healthcare provider, SUI is not likely to come up. It's important to mention your concerns. This is the only way your provider can diagnose the condition and help you find relief.

It's best to mention your concerns about SUI at the beginning of your visit. This way you'll have enough time to talk about things that can help – and relieve your anxiety about it quickly.

Here are a few ways to start the conversation:

- "I'm having a bladder control problem. Are you the right person to talk to?"
- "I've noticed that when I cough, sneeze or exercise (or whatever the activity may be), a little urine comes out. Can you help me?"
- "I'm uncomfortable talking about this, but I wet myself when I laugh or do exercise."

## WHAT DO YOU SUGGEST?

If your healthcare provider is experienced in SUI, he/she can do some basic tests to learn what's happening. If your provider isn't the right person to speak with, just ask for a referral to a specialist. A urologist is the type of doctor who specializes in urinary incontinence issues for men and women. A gynecologist or female pelvic medicine and reconstructive surgeon can more specifically help women.

To start treating SUI, lifestyle changes are often the first step. Things like weight loss or adjusting what you eat or drink can help reduce leaks. Pelvic floor muscle exercises can be taught to you, and these also help prevent leaks. To learn more about your treatment options, see the Urology Care Foundation's "SUI, What You Should Know" Fact Sheet or SUI Patient Guide.

Remember, millions of men and women experience SUI. If you're one of them, you can get help.

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## ABOUT THE UROLOGY CARE FOUNDATION

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, **UrologyHealth.org/UrologicConditions** or to go **UrologyHealth.org/FindAUrologist** to find a doctor near you.

## DISCLAIMER

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or health care provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

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For copies of other printed material and other urologic conditions, visit **UrologyHealth.org/Order**.

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