

Urinary Incontinence Assessment

A SELF-DIRECTED WAY TO DETERMINE WHETHER OR NOT YOU HAVE STRESS OR URGE INCONTINENCE



Questionnaire

Please complete all questions. Do not leave any questions blank. For each question, mark the box that accurately describes how often you experience your symptoms.

Do you leak urine (even small drops), wet yourself, or wet your pads or undergarments...

	None of the Time	Rarely	Once in a While	Often	Most of the Time	All of the Time
	0	1	2	3	4	5
1. When you cough, laugh or sneeze?	<input type="checkbox"/>					
2. When you bend down or lift something up?	<input type="checkbox"/>					
3. When you walk quickly, jog, or exercise?	<input type="checkbox"/>					
STRESS INCONTINENCE SUBSCALE SCORE TOTAL:						<input type="text"/>
4. When you are undressing to use the toilet?	<input type="checkbox"/>					
5. Do you get such a strong and uncomfortable need to urinate that you leak urine (even small drops) or wet yourself before reaching the toilet?	<input type="checkbox"/>					
6. Do you have to rush to the bathroom because you get a sudden, strong need to urinate?	<input type="checkbox"/>					
URGE INCONTINENCE SUBSCALE SCORE TOTAL:						<input type="text"/>

Understanding Your Scores

This 6-item questionnaire for female urinary incontinence can be used to determine your incontinence type. It has been found to be reliable, and to be able to accurately distinguish between Stress Urinary Incontinence (SUI) and Urge Urinary Incontinence.¹

If your **STRESS INCONTINENCE SUBSCALE SCORE** (questions 1, 2, and 3) totals ≥ 4 , you may have **STRESS INCONTINENCE**. If your **URGE INCONTINENCE SUBSCALE SCORE** (questions 4, 5, 6) totals ≥ 6 , you may have **URGE INCONTINENCE**. If both scores are above the optimal cut-off values, you may have mixed incontinence.

The uresta® bladder support is indicated for use in adult women over 18 years of age who experience stress urinary incontinence (involuntary urine loss with physical activity).

Women who may suffer from stress urinary incontinence should consult their doctor to determine if uresta® is right for them.

1. Bradley CS, Rovner ES, Morgan MA, Berlin M, Novi JM, Shea JA, Arya LA. A new questionnaire for urinary incontinence diagnosis in women: Development and testing. AM J Obstet Gynecol 2005; 192:66-73.