

Checklist for Incontinence

The student asks the following questions:

- How often do you experience incontinence?
- Do you ever wear a pad to catch urine leakage?
- Do you ever have difficulty getting to the bathroom to urinate?
- Once you have the urge to urinate, how long can you hold it?
- Are you frequently constipated?
- How much fluid do you drink? Do you drink many caffeinated beverages? Do you take diuretics?
- Do you have pain on urination, hesitancy, awaken to urinate, frequency, blood in your urine, or dribbling?
- (If a female) How many pregnancies, miscarriages, and abortions have you had?
- Were your deliveries vaginal or cesarean section?
- If a vaginal birth, did you have an episiotomy?
- Have you started any new medications? (Methyldopa, prazosin, phenothiazines, diazepam and diuretics aggravate stress incontinence, whereas alpha-adrenergic agents, androgens, calcium channel blockers, anticholinergics, and sympathomimetic agents cause urinary retention.)