

Pelvic Health

TIPS TO START THE CONVERSATION WITH YOUR DOCTOR

There are some issues “down there” that can feel uncomfortable to talk about – even with your doctor. Conditions like bowel leakage, urinary incontinence and pelvic organ prolapse can hugely impact your quality of life, but there are treatment options that can help. Here are some tips to help you initiate the conversation:

1. Complete a Self-Evaluation

Answer these 4 questions and bring them to discuss with your doctor at your next appointment.

Do you ever experience painful urination or an uncontrollable urge to urinate?

Never

Sometimes

Always

Do you ever have trouble controlling your bowel movements or experience bowel leakage?

Never

Sometimes

Always

Do you ever experience pain in the pelvic region or rectum?

Never

Sometimes

Always

Do your bladder or bowel habits (urgency to go to the bathroom) ever prevent you from participating in daily activities? (work, school, exercise)

Never

Sometimes

Always

2. Ask the Right Questions

After you have reviewed your symptoms, it's time to discuss solutions. Here are some questions you can ask your doctor to identify a treatment plan that is right for you:

- *What might be causing my bowel or bladder issues?*
- *What might be causing my pelvic discomfort?*
- *Do I need to have any diagnostic tests?*
- *What are my treatment options?*
- *What is the best treatment for me?*
- *What can I expect from this treatment plan?*

3. Be Your Own Advocate

Above all else, it is important that you feel supported by your family, friends and physician. To find additional resources and connect with a community of supportive women, visit changethecycle.com

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