

Bladder Control Questionnaire

Is there a name for this condition?

There are two interchangeable medical terms for the condition that causes sudden urine loss: Genuine Stress Incontinence (GSI) and Stress Urinary Incontinence (SUI). This specific diagnosis is used when sudden, uncontrollable urine loss occurs immediately following a cough, laugh or sneeze, or with activities such as jumping, running or climbing stairs. (The inability to "hold it" when the urge to urinate arises is a different condition, and is not the same as GSI.)

What causes the condition?

Normally, muscular and neurological mechanisms in the body respond automatically and instantaneously to close the urethra when sudden intra-abdominal pressure occurs (with a cough, laugh, sneeze, etc.). In women with GSI, this response mechanism fails, either occasionally or regularly. You might have started to experience sudden urine loss after the birth of a child. This is quite common and is due to the excessive stress placed on the pelvic support tissues during pregnancy and childbirth. For some women, this strain permanently diminishes the tissues' ability to provide proper urethral closure. Damaging tissue stress can also be caused by vigorous physical activity, chronic constipation or excessive body weight.

Can anything be done about it?

There is a range of options that can be explored if you would like to reduce the occurrence of sudden urine loss. You may feel some discomfort or embarrassment about discussing this condition, but you should know that GSI is quite common and you are not alone. This is a good time to bring the subject up with your doctor if you haven't already, because there are some exciting new treatment options now available that you may not have heard of before. Don't be discouraged if you haven't had success with Kegel exercises or other self-treatment methods. Advanced medical technology is now being used in a minimally invasive outpatient procedure that was shown in clinical studies to be effective and to have a much lower incidence of complications than other surgical treatments for GSI.¹⁻³

Consider these questions:

	Please circle your answer	
	yes	no
Do you have frequent urinary tract infections?		
Do you ever leak urine when you cough, laugh or sneeze?		
Do you ever leak urine when you lift heavy objects?		
Do you sometimes leak urine when you exercise or during other physical activity?		
Do you ever leak urine without warning?		
Do you ever wet the bed at night?		
Do you sometimes dribble just prior to or after urination?		
Do you sometimes wear protective pads or diapers to cope with sudden urine loss?		
Do you ever have sudden urges to urinate?		
Do you leak if you have a sudden urge?		
Have you ever had a gynecological or urological surgical procedure such as a bladder neck suspension or hysterectomy?		
Does sudden urine loss sometimes interfere with your daily activities?		
Does sudden urine loss ever interfere with your sexual activity?		

Discuss In-Office Urodynamics Testing with your Doctor.