

Overactive Bladder: Doctor Discussion Guide

Here are some questions to ask your doctor, possibly a urologist, if you think you might have Overactive Bladder Disorder, or OAB.

Prior to your visit, it's best to record your symptoms, including when you have them, what they feel like, and anything you had eaten or drank beforehand. The more information you have, the more sound diagnosis your doctor can give you and get you started on treatments.

What exactly is Overactive Bladder Disorder (OAB)? _____

Is it the same as urinary incontinence? _____

What causes OAB? _____

Why do you think I have OAB? _____

What is the difference between stress, urge and overflow incontinence? _____

What treatments would be best for me and why? _____

What are the side-effects to any medications? _____

Could you please explain: Post-void Residual Volume? Urodynamic Testing? Cystoscopy? Urinary Stress Test? Uroflowmetry? Timed voiding? Sacral Nerve Stimulation? Bladder Augmentation?

Is it possible to “retrain” my bladder? _____

Is surgery an option? If so, what are the benefits, risks and possible complications associated with it? _____

Are there any homeopathic or herbal treatments available? _____

What kinds of lifestyle changes should I make? _____

Are there any foods or beverages I should avoid? _____

Are there any exercises I can do that might help? _____

Where can I go for more information? _____
