

Have You Heard About All Your Treatment Options?

Bladder treatments continue to evolve.

Even if you have tried treatment for bladder symptoms before, there may be additional approaches you have not yet discussed with your healthcare provider. New treatments become available, existing approaches may be used in different ways, and your symptoms, health, or priorities may have changed since your last conversation.



**You are not out of options
just because the first treatment did not work.**

Reasons to restart the conversation



Your symptoms have not improved enough.



You stopped a treatment because of side effects or inconvenience.



Your symptoms have become more frequent or more disruptive.



You completed pelvic floor therapy or made lifestyle changes but still have symptoms.



A treatment helped at first but is no longer working as well.



It has been several years since you reviewed your options.



If bladder leaks, urgency, or frequent bathroom trips are still interfering with your life, ***it may be time to restart the conversation.***

How to learn about newer treatment options

Treatment planning should be a shared decision-making process between you and your healthcare provider. You have the right to ask what options are available now, even if you have tried treatment before.

Why shared decision-making matters



Your symptoms and goals are unique.

Your plan should reflect your life, not someone else's.



Treatment benefits and drawbacks vary.

What works well for one person may not be right for another.



What matters most to you should guide the plan.

Your preferences, comfort, and lifestyle should be part of the conversation.



Decisions can be revisited over time.

It's okay to adjust your plan as your symptoms or needs change.

Simple discussion checklist

- ☐ Bring a symptom update or bladder diary.
- ☐ List treatments you have already tried.
- ☐ Explain how your symptoms affect your daily life.
- ☐ Ask what treatment options may fit you now.
- ☐ Ask about benefits, side effects, and recovery.
- ☐ Share what matters most to you.

Treatment paths are not one-size-fits-all



People may move forward, revisit earlier options, or combine approaches over time.



Ask: Are there any treatment options I have not discussed yet?



My Bladder Treatment History

Use this worksheet to prepare for your next conversation with a healthcare provider.

This worksheet can help you summarize your symptoms, past treatments, and what matters most to you. Bringing this information to your appointment can help you and your provider create a plan that's right for you.



TIP:

Bring this worksheet and, if possible, a 2 to 3 day bladder diary to your visit.

1



My main bladder symptoms

Check all that apply.

- ☐ Leakage with coughing, laughing, or exercise
- ☐ Sudden urgency (strong, hard-to-control urge)
- ☐ Frequent bathroom trips
- ☐ Nighttime urination (waking up to go)
- ☐ Leakage on the way to the bathroom
- ☐ Other: _____

2



How often do my symptoms happen?

Describe how often you experience your symptoms.

3



How do my symptoms affect my daily life?

Check any areas that are affected, then describe.

- ☐ Work or school _____
- ☐ Exercise or physical activity _____
- ☐ Travel or going out _____
- ☐ Sleep _____
- ☐ Intimacy _____
- ☐ Confidence or mood _____
- ☐ Other: _____

4



What matters most to me in treatment?

Check your top priorities.

- ☐ Fewer leaks
- ☐ Fewer bathroom trips
- ☐ Better sleep
- ☐ Less urgency
- ☐ Fewer pads or products
- ☐ Avoiding surgery
- ☐ Returning to normal activities
- ☐ Other: _____



This worksheet is for you. There are no wrong answers.
The more information you share, the better your care can be.



My Bladder Treatment History

Use this worksheet to prepare for your next conversation with a healthcare provider.

5 Treatments and strategies I have tried

Treatment or strategy	When did I try it?	Did it help?	Side effects, concerns, or reason I stopped
Fluid or dietary changes		☐ Yes ☐ No ☐ Unsure	
Weight management		☐ Yes ☐ No ☐ Unsure	
Timed bathroom visits		☐ Yes ☐ No ☐ Unsure	
Bladder training		☐ Yes ☐ No ☐ Unsure	
Pelvic floor exercises		☐ Yes ☐ No ☐ Unsure	
Pelvic floor physical therapy		☐ Yes ☐ No ☐ Unsure	
Prescription medication		☐ Yes ☐ No ☐ Unsure	
Bladder injections		☐ Yes ☐ No ☐ Unsure	
Tibial nerve stimulation		☐ Yes ☐ No ☐ Unsure	
Sacral neuromodulation		☐ Yes ☐ No ☐ Unsure	
Another procedure		☐ Yes ☐ No ☐ Unsure	
Other		☐ Yes ☐ No ☐ Unsure	

Medications I have tried

Medication	Approximate dates	Benefit	Side effects or reason I stopped

6 What matters most for my next treatment?

- ☐ A longer-lasting treatment
☐ A reversible treatment
☐ Other: _____

My three most important priorities are:

- 1 _____
- 2 _____
- 3 _____

7 Questions for my healthcare provider

- ☐ What type of bladder problem do I have?
☐ Why might the treatments I tried not have worked?
☐ Have newer treatment options become available?
☐ What additional options may be appropriate for me?
☐ Are there nerve-stimulation treatments I should consider?
☐ What are the benefits, risks, and side effects?
☐ What would treatment involve?
☐ When should we evaluate whether it is working?
☐ Should I see a specialist?

My other questions:

8 My next steps

Treatment or next step discussed: _____

What I need to do: _____

My next appointment or follow-up date: _____

When I should contact my healthcare provider sooner: _____



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The more information you share, the better your care can be.



Use a Bladder Diary Before Your Next Appointment

A bladder diary can help you track symptoms, notice patterns, and prepare for a more useful conversation with your healthcare provider.

1 What is a bladder diary?



A bladder diary is a simple record of your symptoms over 2 to 3 days. It can help you and your healthcare provider better understand what is happening and what next steps may help.

2 Why it helps

- ✓ Symptoms are easier to explain with notes than from memory.
- ✓ It can show patterns in urgency, frequency, and leakage.
- ✓ It can help guide diagnosis and treatment discussions.
- ✓ It can help measure whether treatment is working over time.

3 How to use it

- Track for 2 to 3 days.
- Write down when you drink fluids and about how much.
- Note when you urinate.
- Record urgency or leakage episodes.
- Write what you were doing and any possible triggers.
- Bring the completed diary to your appointment.

What to track

- Fluids
- Bathroom trips
- Urgency
- Leaks
- Activities or triggers
- Questions for your visit

Choose the format that works for you

Use Medtronic's MyFuture App

Track your bladder symptoms electronically.
Scan the code or use the URL shown.



MyFuture™
mobile application



To download, scan the QR code with your phone or go to:
<https://Medtronic.com/MyFutureApp>

A companion for education and symptom tracking to support you along your journey.

Download NAFC's printable bladder diary

Prefer a paper version?
Download it here:

<https://nafc.org/diaries>



Bring your bladder diary to your next visit.

Small notes can lead to a better conversation.

