



TALKING TO YOUR DOCTOR ABOUT PELVIC FLOOR DISORDERS

Nearly one out of three women will experience some form of pelvic floor disorder.

The most common symptoms are urinary and fecal incontinence, bladder and rectal prolapse and certain types of constipation.

Don't suffer from a pelvic floor disorder in silence. Tell your doctor about your symptoms, and ask which treatment options might be right for you. These questions will help you get the conversation started.

QUESTIONS FOR YOUR DOCTOR

- **What could be causing my symptoms?**
A medication I'm taking? My diet? A physical problem or medical condition?
- **What kinds of tests can confirm a pelvic floor disorder diagnosis?**
- **Can you tell me about different types of pelvic floor disorder treatments?**
- **How will we determine which treatment is right for me?**
- **Should I see a pelvic floor disorder specialist?**

PREPARING FOR YOUR VISIT

- Write down the symptoms you're experiencing, when they started and how often they occur.
- Note whether anything makes your symptoms better or worse – possibly dietary changes or physical activities.
- List any medications you take, including vitamins or supplements.

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