

Evita GyneCare Clinic

evitagynecarehospital.com

Urine Leak (Stress Incontinence) Self-Check

Self-awareness only (not a diagnosis). Decide if it's time to book a visit.

Tick what applies:**When leakage happens**

- Leak when coughing/sneezing/laughing.
- Leak during exercise, lifting, or running.
- Leak when getting up from sitting or bending.

How much / how often

- Leakage happens weekly or more.
- I use pads/liners regularly because of leakage.
- I avoid activities or travel because of fear of leakage.

Related factors

- Recent childbirth or multiple births.
- Constipation or chronic cough.
- Pelvic heaviness or feeling of bulge.

Quick notes (fill in):

How often? rare weekly

daily

Triggers:

Postpartum? yes no

Book a check-up if ANY apply:

- Any leakage affecting confidence, exercise, or social life.
- Leakage persists beyond 6-12 weeks postpartum.
- Leakage plus urgency/burning or pelvic bulge symptoms.

Urgent care today if:

- Painful urination with fever/flank pain.
- Inability to pass urine, severe pelvic pain, or blood in urine.

Leaks are common—but you don't have to accept them as normal.

Bring this page and say:
"Urine leakage affects my quality of life. I want options."

Important: Self-awareness only.
This does not confirm a diagnosis.

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Urine Leak (Stress Incontinence)

Self-Check (visit prep)

Bring this page to help your doctor plan the right evaluation.

Bring / note these:

- When leaks happen (cough/exercise/urgency) and frequency.
- Fluid intake, caffeine, constipation, chronic cough details.
- Birth history and any pelvic surgery.
- Any burning, recurrent UTIs, or blood in urine.
- What you've tried (pelvic floor exercises, pads, lifestyle changes).

What your clinician may do:

- Differentiate stress vs urgency; assess pelvic floor/prolapse.
- Urine tests if infection suspected.
- Discuss pelvic floor physiotherapy and treatment options if needed.
- Set goals and follow-up plan.

You deserve clarity - and you deserve respectful care.

To book: evitagynecarehospital.com