

Ask about PeriCoach[®]

FDA Cleared • Clinician Recommended

Determine if you suffer from Urinary Incontinence

1. Do you have bladder leakage? Yes No
2. Do you wet your pants when you sneeze, cough or laugh? Yes No
3. Do you go to the bathroom before you leave the house or look for the bathroom as soon as you reach your destination? Yes No
4. Do you avoid exercise because you leak with exertion? Yes No
5. Do you use pads to cover your embarrassment? Yes No
6. Has your life changed because of your bladder leakage? Yes No

If your answer to any of these questions was yes, please discuss it with your doctor.

There are some simple solutions and some simple ways to start the conversation:

- “I’ve been experiencing some bladder issues.”
- “After having my baby, I notice that I leak when I cough or I’m laughing with friends.”
- “For a while now I’ve been wearing pads to help with light urine leaks. I’m starting to get self-conscious about the smell and how many times I have to change pads.”
- “I have to ‘go’ all the time.”

Your doctor can discuss with you some practical ways for you to take back control.