

Let's Get Talking!

Please print out this sheet and take with you during your appointment, it will help you remember to address the key areas important to you.

Many women are not comfortable talking about the topic of bladder leakage. It's important to know that no amount of bladder leaking is too little to discuss with your health care provider. We understand the impact bladder leakage can have on your daily life – avoiding water before exercise, skipping that comedy show, carrying extra clothes and pads in your hand bag. At PeriCoach, we are here to help you take back control of your bladder health and initiate that conversation with your clinician.

Here are some simple ways to introduce the conversation:

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

Once you begin the conversation, your doctor will usually ask questions to help determine what kind of incontinence you may have. Tests may also be needed to rule out potential causes contributing to incontinence like infections, diabetes, or other medical issues. Your doctor may also ask for you to keep a bladder diary for a few days, so in preparation for your appointment, we suggest you create one.

What to include in your bladder diary:

- How much liquid you drink each day
- Drugs you take – don't forget over the counter and supplements
- What activity causes the bladder leakage
- How often are you experiencing the leaking
- How many pads, and what type, do you use daily
- Each time you go to the toilet

During the discussion you are likely to be presented with a number of treatment options including - behavioural modification, pelvic floor exercises (Kegels), drugs or surgery. It may be worth asking for a referral to a specialist women's health physiotherapist who can guide you through pelvic floor muscle training.

You can also share with your doctor information about The PeriCoach System, to determine if it may be the right solution for you.

Key information your health care provider will want to know about PeriCoach:

- E-health (sensor and app) pelvic floor exerciser
- Ability to use in the privacy of your home and/ with a pelvic health specialist.
- Monitors the muscle activity in the pelvic floor with real-time feedback during exercises.
- Ability to share exercise and historical data with your clinician.

The device may be used to assist in the correction of urinary incontinence by means of exercise. It may also be used by a health care practitioner to assist in the diagnosis and monitoring of urinary incontinence. The device consists of a rigid probe for temporary intravaginal use which offers resistance to a patient's voluntary pelvic floor muscle contractions and can provide an indication of the strength of these muscles.