

## Do you have an Overactive Bladder?

### Does this describe you?

Review the list below and check off the statements that describe you.

- It seems like I'm always going to the bathroom
- I use the bathroom more than 8 times during the day
- The first thing I do when entering a public place is locate the bathroom in case I have a sudden urge to go
- I go to the bathroom whenever I'm near one, just in case I can't find one when I need it
- I get up more than twice during the night to use the bathroom
- I am bothered by the number of times I have to go
- I often have sudden urge to urinate with little or no warning
- When I have an urge to urinate, it's overwhelming and difficult to ignore
- I've had wetting accidents because I am unable to control the urge to go and can't get to the restroom in time
- I've had to alter my habit and lifestyle because of a frequent urge to urinate

*If you answer "Yes" to one or more of these questions, you may have an overactive bladder. Talking to your doctor is the best way to confirm your diagnoses and get help for this treatable condition.*

## What you can expect at your doctor's appointment

- In confirming your diagnosis, you can expect:
- A review your symptoms (bring this checklist to your appointment)
- A review of your medical history
- General physician exam
- Abdominal exam
- Pelvic or genital/prostate exam
- Urinalysis
- Blood test
- To be asked to complete a voiding diary



**If you think you have OAB, don't wait to get help.  
Talk to your doctor about your symptoms  
and learn how you can regain control of your bladder and your life.**

