

# Check all that apply to you.

It seems like

- I'm always going to the bathroom.
- fluids go right through me.
- my bladder symptoms have been disrupting my life.

I feel strong, sudden urges to urinate

- regardless of how recently I went to the bathroom.
- even after only drinking a small amount of liquid.
- but sometimes when I go, it's only a small amount.
- and sometimes worry I won't make it to the bathroom in time.

I avoid certain activities or going places

- if I'm unsure there will be a bathroom nearby.
- because I'd be embarrassed if I leaked.

Whenever I'm near a bathroom, I always go

- because I'm afraid of a wetting accident.
- just in case I'm not near one later when I need one.

I experience leakage

- without getting any early warning urges.
- when I can't hold the urge anymore.

I sometimes

- limit the amount I drink so I won't have to urinate as often.
- wear absorbent pads or bring extra clothing when I leave home in case of wetting accidents.
- avoid sexual activity because I'm afraid I might leak.
- feel tired by day from waking often at night to urinate.

