



Urine leaking (stress incontinence)

Leaking urine when you cough, laugh or exercise is very common, especially after childbirth and around menopause. It often improves with pelvic floor exercises and other treatment.

Name _____

Date _____

TICK WHAT APPLIES TO YOU

- ☐ I leak when I cough, sneeze, laugh or lift
- ☐ I leak when I exercise or run
- ☐ I get a sudden urge to pass urine and sometimes don't reach the toilet
- ☐ I pass urine more than eight times a day, or wake at night to go
- ☐ I wear pads because of leaking
- ☐ I feel I don't empty my bladder fully
- ☐ I have had one or more vaginal births
- ☐ I feel a bulge or heaviness in my vagina
- ☐ I drink a lot of tea, coffee or fizzy drinks

GET HELP NOW IF

- Blood in your urine
- Pain or burning with fever or back pain
- You cannot pass urine
- Constant leaking day and night, especially after childbirth

In clinic hours (Mon to Sat, 8:00 am to 4:00 pm) call +91 93660 92897. At any other time, call 108 or go to the nearest hospital emergency department.



BLADDER DIARY: FILL IN FOR THREE DAYS

Time	Drink: type and amount	Urine passed: small, medium, large	Leak: small or large	What you were doing

BEFORE YOUR VISIT

- Fill in the bladder diary for three days.
- Come with a comfortably full bladder; a urine test may be done.
- List your medicines.
- Note how many pads you use a day.

QUESTIONS YOU MAY WANT TO ASK

- What type of leaking do I have?
- How do I do pelvic floor exercises correctly?
- What can I try if exercises are not enough?

