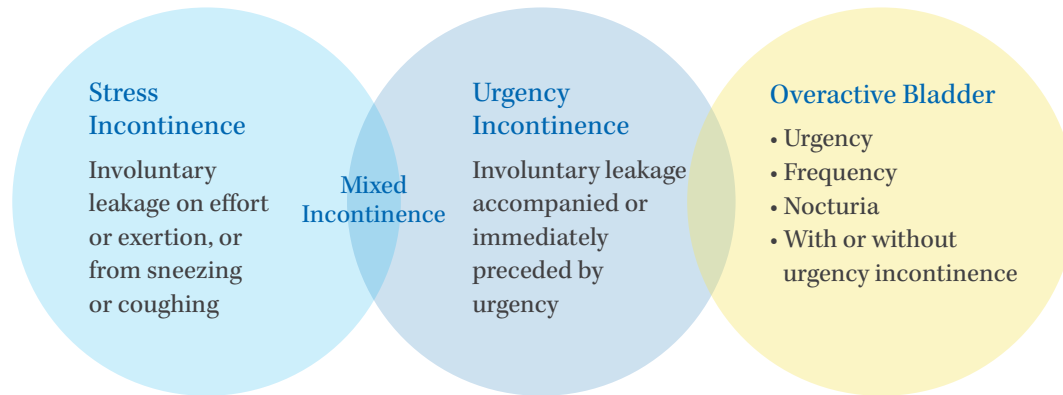




# Urinary incontinence assessment and educational resource

# Understanding urinary incontinence

Bladder symptoms can overlap. This diagram shows the similarities and differences between overactive bladder, stress incontinence, urgency incontinence, and mixed incontinence.



## The 3 Incontinence Questions (3IQ) assessment tool

The 3 Incontinence Questions (3IQ) test is a patient questionnaire that helps distinguish urgency incontinence from stress incontinence. It should take no more than 30 seconds.

1. During the last 3 months, have you leaked urine (even a small amount)?

- Yes       No (if this response is marked, the 3IQ test is complete)

2. During the last 3 months did you leak urine:

- When you were engaged in some physical activity, such as coughing, sneezing, lifting, or exercising?  
 When you had the urge or the feeling that you needed to empty your bladder, but you could not get to the toilet fast enough?  
 Without physical activity and without sense of urgency?

3. During the last 3 months, did you leak urine most often (check only one):

- When you were performing some physical activity, such as coughing, sneezing, lifting, or exercise?  
 When you had the urge or the feeling that you needed to empty your bladder, but you could not get to the toilet fast enough?  
 Without physical activity and without a sense of urgency?  
 About equally as often with physical activity as with a sense of urgency?

Definitions of type of urinary incontinence are based on responses to question 3:

Response to question 3	Type of incontinence
Most often with physical activity	Stress only or stress predominant
Most often with the urge to empty the bladder	Urgency only or urgency predominant
Without physical activity or sense of urgency	Other cause only or other cause predominant
About equally with physical activity and sense of urgency	Mixed

# Assessment and lifestyle changes

Certain patient habits can impact incontinence symptoms. This table can help you assess a few of them.

## Assessing habits

### Ask your patients about fluid intake

Do they drink caffeinated drinks — like soda, tea, or coffee — frequently?  Yes  No

Average amount and type of daily fluid intake

### Ask your patients about physical activity

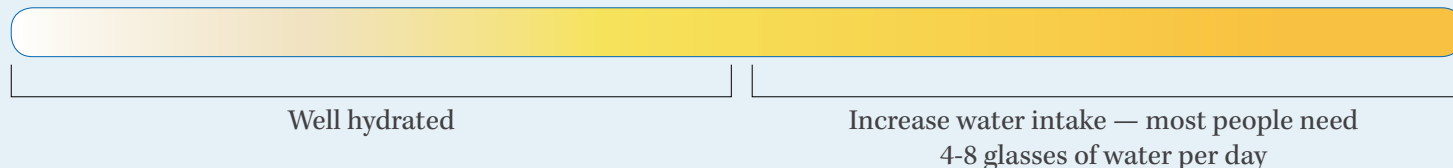
Frequency and type of physical activity  Rarely  Sometimes  Often

Does fear of being too far from the bathroom limit physical or social activities?  Yes  No

## Assessing hydration

Some patients restrict their fluid intake as a coping strategy. Provide guidance about appropriate fluid intake for each patient. Help them identify when they are appropriately hydrated using the urine concentration chart below.

### Ask your patients about their urine color:



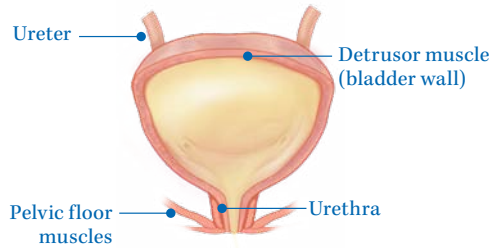
\*This reference tool is not intended for medical diagnosis.

## Providing behavior intervention tips

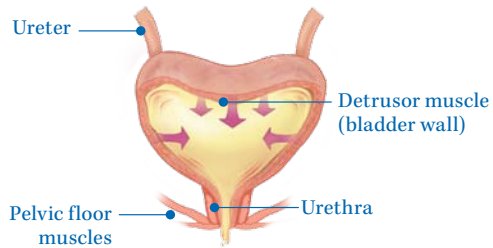
Technique	Recommendations
Lifestyle modification	<ul style="list-style-type: none"><li>• Minimize bladder irritants in the diet like alcoholic beverages, coffee, citrus juice and fruits, and highly spiced foods</li><li>• Avoid dehydration and over-hydration (see Assessing hydration)</li><li>• Increase fiber to avoid constipation</li><li>• Lose weight if obese or overweight</li><li>• Stop smoking</li></ul>
Bladder training	<ul style="list-style-type: none"><li>• Void at set intervals to avoid urgency and incontinence</li><li>• Delay voiding by increasing the time between voiding over time</li></ul>
Urgency control and suppression	<ul style="list-style-type: none"><li>• Eliminate rushing to the bathroom</li><li>• Try techniques like deep breathing and pelvic floor muscle squeezes</li></ul>
Pelvic Floor Muscle Training (PFMT) exercises	<ul style="list-style-type: none"><li>• A daily set of exercises to build strength and endurance of pelvic and sphincter muscles</li><li>• Gradually increase the number of repetitions and duration of hold</li></ul>

# Understanding urinary incontinence

## Normal bladder

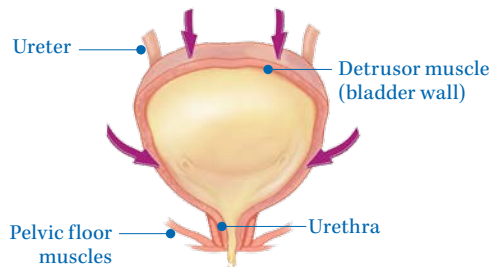


## Urgency incontinence



Bladder spasms occur even when the bladder is not full.

## Stress incontinence



Weak muscles can't prevent loss of urine due to sudden pressure on the bladder.

