

## Decision Worksheet: Treatment Options for Stress Urinary Incontinence

**1. How much are you bothered by urine leakage when you cough, laugh, sneeze, or exercise?**

- Not at all     
  A little     
  Moderately     
  A lot

**2. How often do you experience urine leakage when you cough, laugh, sneeze, or exercise?**

- Few times in the past month     
  Few times in the past week     
  Several times a day

**3. How much urine do you lose each time?**

- Few drops     
  Moderate amount     
  Full amount

**4. What activities do you avoid or limit due to the urine leaking? (check all that apply)**

- Exercise   
  Household chores/errands   
  Social activities   
  Intercourse   
  Other \_\_\_\_\_

**Stress urinary incontinence can be treated through these methods. We will circle and discuss your options together.**

Treatment Options	Frequently Asked Questions			
	What is this treatment?	What are some reasons to choose this option?	What are some reasons <u>not</u> to choose this option?	What are next steps for this option?
<b>Observation</b>	No changes are made at this time. We will wait and see if urine leakage gets better, gets worse, or stays the same over time.	<ul style="list-style-type: none"> <li>Urine leakage does not bother you very much</li> </ul>	<ul style="list-style-type: none"> <li>Urine leakage is not getting better on its own</li> </ul>	Let us know if you change your mind and want to treat your urine leakage.
<b>Pelvic floor muscle exercises or pelvic physical therapy</b>	Exercises to strengthen your pelvic muscles are done at home. You may also be referred to a specialty trained physical therapist for treatment.	<ul style="list-style-type: none"> <li>50% chance that you will have less urine leakage</li> </ul>	<ul style="list-style-type: none"> <li>May take 8-12 weeks before you see improvement in symptoms</li> </ul>	We will provide you with a list of pelvic floor physical therapists in your area. If you choose to do exercises on your own, we will review appropriate techniques with you.
<b>Reusable pessary or disposable insert</b>	A silicone pessary or tampon-like cotton insert gets placed in the vagina to support the tube that urine passes through called a urethra. You will need to get fitted for a pessary in the office. You may buy the disposable cotton insert in stores over-the-counter.	<ul style="list-style-type: none"> <li>70% chance that you will have very little urine leakage</li> <li>Pessary and insert can be removed at any time you wish</li> </ul>	<ul style="list-style-type: none"> <li>Pessary must be removed for cleaning 1-2 times a week</li> <li>Disposable insert must be replaced every 12 hours</li> <li>May be difficult to find a good fit</li> </ul>	We will fit you for a pessary and teach you how to use it. Disposable cotton-like inserts are available as trial packs with different sizes.
<b>Sling surgery</b>	A mesh sling, or a biologic sling, is placed under the urethra through a small vaginal incision. This is done as day surgery.	<ul style="list-style-type: none"> <li>90% chance that you will have little or no urine leakage</li> </ul>	Small risk of new or worsened: <ul style="list-style-type: none"> <li>urinary frequency</li> <li>urinary urgency</li> <li>urge incontinence</li> </ul>	A bladder test will be done to make sure surgery is right for you.

**5. What is most important to you as we make this decision?** \_\_\_\_\_

**6. What did we decide today?** Try: \_\_\_\_\_ or  Decide later (check all that apply)

need more information  
 need to discuss with others  
 need to think about it more

**7. What are the next steps and follow-up?** \_\_\_\_\_