

# Make Yourself Heard

**Here are a few questions for your doctor and other tips that can help you make the most of your appointment.**

## What should I tell my doctor?

1. I am experiencing some or all of the following symptoms:
  - Pain, pressure or a bulge “down there”
  - Trouble urinating or passing a bowel movement
  - Bladder leakage or needing to use the bathroom often
  - Pain during urination
2. My symptoms started \_\_\_\_\_  
(days, weeks, months, years) ago.
3. I have these symptoms \_\_\_\_\_  
(daily, a few times a week, sometimes, etc.).
4. These symptoms are affecting my life and I’d like to find ways to treat them.

## What questions should I ask my doctor?

- Do you think I have symptoms of a pelvic floor disorder?
  - If so, what kind of pelvic floor disorder(s) do I have?
- What is causing my symptoms?
- Will my symptoms get better?
- What can I do to lessen or end these symptoms?
- What should I do next?
- What treatment option do you think is best for me?
- What results have other patients experienced with each treatment option?