



## Let us help you get prepared to speak to your GP.

We know that taking the time to talk about **your leaky times** can be a difficult and daunting process, but it's important you get the right support based on your own symptoms and daily experiences.

So, we've created this handy guide to take to your GP or specialists so you can get the extra care and attention you need, as you go about having the **all-important wee chat**.

If you'd like to book a follow-up chat with us, or start your journey with Jude, let us know and we'll talk it through. Check out our [Callback Calendar](#) to book in a chat at a convenient time for you.

We're here to help

Team **Jude**

## Before your appointment

- Complete your 3-day Bladder Diary\*.**  
This is an essential tool to help your practitioner assess the severity of your symptoms. Simply complete the blank diary on page 4, print it out and bring that with you to your GP appointment.
- Check your family history.**  
It's always worth knowing if you have a history of bladder cancer or other conditions related to the bladder and urinary tract within your family, so your GP can take this into account.
- Be prepared to provide a urine sample!**  
Your GP may wish to take a sample of urine from you for further testing. Ensure you're hydrated and prepared to be able to empty your bladder in case you need to provide a sample.
- Be aware** your GP may ask about how your symptoms are affecting your quality of life, the more you can articulate how it's affecting your day-to-day, the more your GP can support you.

## During your appointment

- Your GP will ask about the type of incontinence you're experiencing.** Be prepared to talk about when and how often your symptoms occur.
- It's possible your GP may perform a physical examination.**  
It's possible your GP may perform a physical pelvic examination. This would involve coughing with a comfortably full bladder so the practitioner can observe leakage. Or, an assessment of pelvic muscle tone and contraction during bimanual examination by asking you to contract your pelvic floor muscles to squeeze the examining finger.
- If you're showing symptoms of a UTI, the doctor may perform a urine dipstick analysis to test for blood, glucose, protein, leucocytes, and nitrites.** If you have UTI symptoms and dipstick analysis is positive, then a mid-stream urine (MSU) sample will be tested and you may be prescribed an antibiotic.
- Ask plenty of questions.** Listen to your GP and follow their advice, but ensure you come prepared to your appointment with any questions you may have. If you are recommended medication for your symptoms, be prepared to ask about the side effects



How do I speak to my GP about bladder weakness?

# Your bladder diary

**Tip: A 3-day bladder diary is an essential part of your GP assessment.** By filling in this 3-day diary, it helps you to get advice and treatment faster. Print this out and take the completed diary to your next GP appointment.

The idea of the Bladder Diary is to get a clear picture of the current state of your bladder symptoms and how they're impacting your daily life. So, make a note of what you drink and how often, plus your daily activities, as well as how often you experience the urge to go, any leakage, and how often you empty your bladder, day to night. This will help to assess your experience and support you to make any lifestyle adjustments to improve your long term bladder health.



Date \_\_\_\_\_


**Day 2**

Date \_\_\_\_\_

Date \_\_\_\_\_

**Day 1**


Date \_\_\_\_\_




**Time**  
Use the approximate time slots allocated.



**Drinks**  
What type of drink did you consume and how much?



**Urine**  
Did you pass a small (<100ml), moderate (<250ml) or large (<400 ml) amount?



**Leaks**  
Do you feel damp (D), wet (W) or soaked (S)?



**Urges**  
Did you feel a strong urge to pass urine?  
Yes / No



**Clothing**  
Did you notice your pants wet?

Time	Type	Quantity	Frequency	Quantity	Leaks	Urges	Clothing
Example 2pm - 4pm	Orange juice	1 glass	✓	small	N/A	Yes	
Example 6pm - 8pm	Coke zero	1/2 pint	✓✓	large	D	Yes	
12am - 2am							
2am - 4am							
4am - 6am							
6am - 8am							
8am - 10am							
10am - 12pm							







Urinary incontinence is defined as involuntary leakage of urine, but there are several different types of incontinence. Here's what you need to know.

At your initial assessment, your GP will categorise your urinary incontinence as stress, mixed, or urgency/overactive bladder, and start treatment based on your type of incontinence. What are the different categories of incontinence?



### Stress incontinence

Stress urinary incontinence — involuntary leakage on effort or exertion (for example, running or jumping), or on sneezing and coughing.



### Overactive bladder

Urgency urinary incontinence (UUI) — involuntary leakage accompanied by, or immediately preceded by, a sudden compelling desire to pass urine which is difficult to defer (urgency). UUI is part of a larger symptom complex known as overactive bladder (OAB) syndrome. OAB may be further described as either, 'OAB wet' where incontinence is present, or 'OAB dry' where incontinence is absent.

If you find that you need to go to the toilet a lot and you have a sudden urge to pee and you're struggling to control it, this is what we would call overactive bladder.



### Mixed incontinence

Mixed urinary incontinence — both stress and urgency incontinence; involuntary leakage is associated with both urgency and physical stress (exertion, effort, sneezing, or coughing).



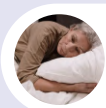
### Overflow incontinence

Overflow incontinence — detrusor underactivity or bladder outlet obstruction results in urinary retention and leakage of urine. There may be straining to urinate or the person may feel the bladder has been incompletely emptied.



### Nocturia

Nocturia, or nocturnal polyuria, is the medical term for an excessive need to urinate during the night. Your body produces less antidiuretic hormone (ADH), a hormone that controls how much fluid is produced by your kidneys. Lower levels of ADH means your kidneys make more urine, even when you're asleep.



Nocturia: How to manage an overactive bladder at night

## Speak to your GP urgently

If you continually or suddenly experience any of the following symptoms, it's important to speak to your GP urgently and we would recommend requesting a **two-week referral** to see a specialist practitioner.



Blood in urine



Pain in the bladder and during urination



Discoloured/itchy patch of skin



Open wound/blister



Feeling pelvic organs sinking



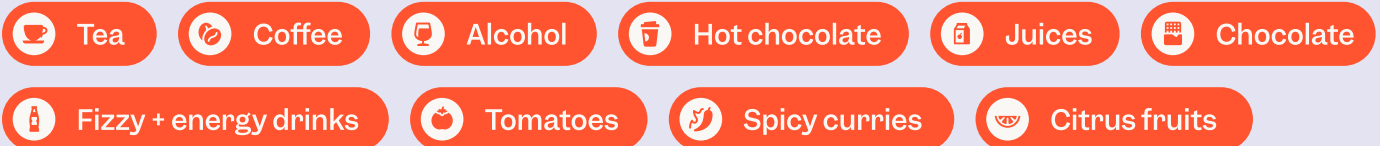
A bulge or lump in the vagina



## 1. Try to cut down on bladder irritants

Some food and drinks may irritate your bladder, so why not try cutting down on them or stopping completely to see if they help with your symptoms? It's all about achieving a balance where your bladder is happy and you can still enjoy the foods and drinks you love in moderation. So, experiment with restricting certain drinks/foods and see how you feel.

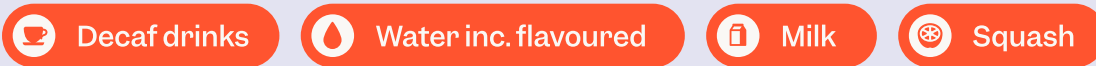
Bladder irritants include:



## 2. Stay hydrated with bladder-friendly beverages

Although some drinks can irritate the bladder, it's still **crucial to stay hydrated**. Although it may be tempting to drink less if you experience leaks, this can make matters worse, and concentrated pee can lead to infections. Luckily, there are a few drinks that won't irritate the bladder.

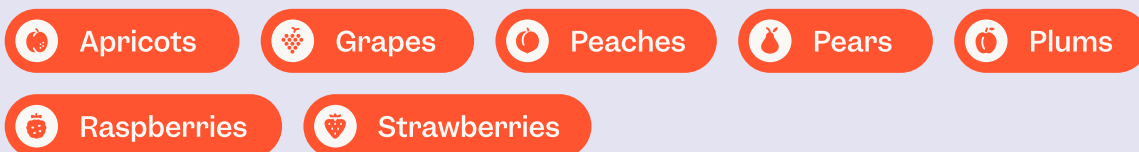
Treat yourself to these thirst-quenchers to keep your body and bladder happy:



## 3. Pack your diet full of fibre to reduce pressure on your bladder caused by constipation

Constipation puts increased pressure on the bladder, which can lead to leaks. Most of us don't eat enough fibre but we should, because it's good for the gut and overall health. To combat this, eat balanced meals regularly and include plenty of whole grains, fruit and vegetables.

Fruits that are great for busting constipation include:



## 4. Perfect your peeing posture

Lean forward with your legs apart and rest your elbows on your knees, keeping your feet flat on the floor. This is the best posture for peeing. Remember not to dangle your feet or keep them on tiptoes on the floor, because this stops your muscles relaxing.

### 5. Cut out 'just in case' pees

The last thing you want to feel is the urge to pee when there's no toilet around or you're busy doing something important — that's why we may have been trained as kids to have a 'just in case' pee. But this can confuse your bladder, making it more likely to need to pee at random moments simply because you've trained it to empty when it isn't ready. It may even make your bladder overactive, as it thinks it's a good idea to pee when it's not full. **So, stop doing 'just in case' pees.**

## Blog posts Written by Team **Jude**



How what we drink impacts our bladder health



The Peony Signature Mocktail



Healthy High Fibre Breakfast Smoothie



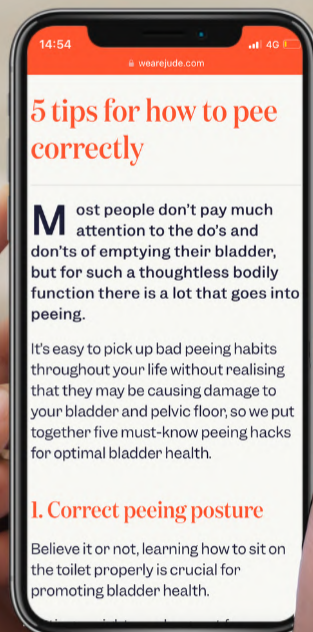
5 tips for how to pee correctly

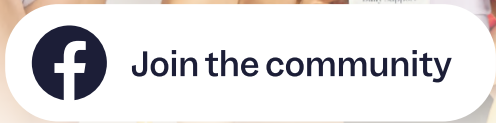


Everything you need to know about the brain-bladder connection



How does my brain influence my bladder?





## Join the Jude Community!

Our Jude & Friends community is a women-only, positive, caring and inclusive community who offer advice, fun and tips for those living and recovering from bladder weakness.

Not your usual support group, there are endless positive and inspiring stories, motivating you to kickstart your health journey. Nothing is taboo, anything you are worried about, we are already talking about it.



### How do I find support when I have bladder weakness?

When you have bladder weakness it can feel quite isolating. We started the Jude & Friends community to support women through their bladder care journey. Today we talk to...

[Read more →](#)

Written by Team **Jude**



### You are not alone: 3 women on what it's like to experience bladder leaks

We sat down with Jude community members Cara, Natalie and Nicola to talk about all things bladder health — from their first...

[Read more →](#)

Written by Team **Jude**



# Jude

If you need any more help  
and advice, please don't  
hesitate to reach out to  
Team Jude.

Call our FREE Bladder Support Hotline on 01908 103 387.

Or email our team on [hello@wearejude.com](mailto:hello@wearejude.com)

