

Female Urinary Leakage

Pre-Visit Counseling Worksheet

Purpose: This worksheet helps us understand what type of leakage you have and whether Baytown urology or a pelvic floor specialist is the best next step.

Please bring this completed worksheet to your visit, along with any prior urine tests, imaging, or treatment records if they were done outside Houston Methodist.

The first question: what type of leakage is this?

Urgency leakage / overactive bladder

This is leakage that happens with a sudden "I have to go right now" feeling.

- Sudden urgency or rushing to the bathroom
- Frequent urination during the day
- Waking at night to urinate
- Leaking before reaching the toilet
- Triggers like running water, arriving home, or standing up

Stress urinary leakage

This is leakage caused by pressure on the bladder.

- Coughing, laughing, or sneezing
- Exercise, lifting, running, or jumping
- Standing up or bending
- Often related to pelvic floor support

Mixed leakage is common

Many women have both types. For example: "I leak when I cough, but I also leak when I suddenly have to rush to the bathroom."

If both are present, we will decide together which symptom is most bothersome and which treatment pathway makes the most sense first.

What Baytown urology can often offer

We can do much of the initial workup and can offer advanced treatment options for overactive bladder / urgency leakage, including:

- Bladder Botox: Botox is placed into the bladder muscle through a cystoscope to calm bladder spasms. We review risks such as urinary tract infection and temporary trouble emptying the bladder.
- PNE / InterStim pathway: A temporary nerve stimulation test is done first. If leakage and urgency improve, a permanent sacral neuromodulation device may be discussed.
- Pelvic floor physical therapy referral: This can help urgency leakage and stress leakage.

This handout is for education and visit preparation. It does not replace individualized medical advice.

Symptom worksheet

Fill this out as best you can. Estimates are okay.

Leakage pattern

1. Which leakage is most bothersome?
 Urgency/rushing Cough/laugh/sneeze Both about equal Not sure
2. How many pads, liners, or briefs do you use per day?
 0 1 2-3 4 or more Depends/briefs
3. How often do you urinate during the day?
 Every 3-4 hours Every 2 hours Every hour More than once per hour
4. How many times do you wake up at night to urinate?
 0 1 2 3 or more
5. Do you feel vaginal bulge, pressure, or "something falling"?
 No Yes Not sure
6. Do you have trouble emptying your bladder?
 No Yes Not sure
7. Do you leak without warning or without feeling it?
 No Yes Not sure

Daily fluids and bladder irritants

Some patients notice worse urgency with caffeine, carbonation, artificial sweeteners, citrus drinks, alcohol, or very high fluid intake.

Water per day	_____
Coffee / tea	_____
Soda / carbonated drinks	_____
Alcohol	_____
Energy drinks	_____
Other	_____

Prior treatment and goals

Treatments already tried:

- Pelvic floor PT Bladder medication Vaginal estrogen Pessary Prior sling Prior prolapse surgery None

Medication names, if known: _____

What are your top 1-2 goals for treatment?

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Testing and treatment pathway

The goal is to match the treatment to the correct type of leakage.

Testing we may do in Baytown

- Symptom interview: urgency, frequency, pad use, fluid intake, stress leakage, nighttime urination, and prior treatments.
- Urine testing: helps make sure infection or blood in the urine is not part of the problem.
- Cystoscopy: a small camera looks inside the bladder to check for stones, tumors, foreign body, or other bladder problems.
- Cough stress test: you may be asked to cough with a comfortably full bladder so we can see whether pressure causes leakage.

Testing not available in Baytown

Urodynamics is specialized bladder function testing that measures bladder storage, pressure, leakage, and emptying.

If needed, this is usually done with pelvic floor specialists at Houston Methodist Clear Lake or Houston Methodist Hospital.

When a pelvic floor specialist may be better

Some female pelvic health conditions are best treated at a specialized center with urodynamics, prolapse surgery, sling surgery, and pelvic reconstructive options.

Referral may be recommended for:

- Mainly stress urinary leakage
- Vaginal bulge or pelvic organ prolapse
- Cystocele, rectocele, uterine prolapse, or vaginal vault prolapse
- Prior sling or prolapse surgery
- Complex leakage after pelvic surgery
- Need for urodynamics
- Interest in sling surgery or prolapse repair
- Need for pelvic reconstructive surgery

This does not mean we are passing you off. It means your condition may be better served by the right specialist and the right testing environment.

Where we may refer

Depending on symptoms, insurance, and appointment availability:

- Baytown: Dr. Paul Redman
- Houston Methodist pelvic floor / urogynecology: Dr. Kathleen Kobashi, Dr. Julie Stewart, Dr. Ijeoma Mbadugha

Our goal for your visit

By the end of the visit, we want to answer:

- What type of leakage do you have?
- Is specialized bladder or pelvic floor testing needed?
- Which treatment pathway fits your symptoms and goals?

If symptoms fit overactive bladder / urgency leakage, Baytown urology can often continue treatment here, including Botox or PNE / InterStim when appropriate.

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