

START THE **CONVERSATION**

A guide to help you talk to your doctor
about bladder or bowel control



If you're one of the tens of millions affected by bladder or bowel control problems, it's time to speak up. Use this guide to help you talk honestly with your doctor about your symptoms and their impact on your quality of life.

SPEAK YOUR MIND, CHANGE YOUR LIFE



BEFORE YOUR APPOINTMENT

Gather important information that will help your doctor understand your situation.

Ask yourself these questions:

Do bladder or bowel control issues occupy your thoughts?

Are you afraid of being too far away from a restroom?

Do you turn down invitations from friends or family because you're afraid you'll experience incontinence?

If you're already receiving treatment, is it helping you find the relief you need?

If you aren't already seeing a specialist find one in your area at:

[Medtronic.com/bladderspecialist](https://www.Medtronic.com/bladderspecialist)

[Medtronic.com/bowelspecialist](https://www.Medtronic.com/bowelspecialist)

To hear patient stories, learn more about bladder and bowel control therapies, and find more information about your care pathway, go to:

[Medtronic.com/Bladder](https://www.Medtronic.com/Bladder)

[Medtronic.com/Bowel](https://www.Medtronic.com/Bowel)



DURING YOUR APPOINTMENT

Talk with your doctor about your condition, the treatment options available to you, and the pros and cons of each.

Ask your doctor these questions:

Is what I'm experiencing normal?

How many people with this condition have you treated?

What treatment options are available, and which of those have you found to be most successful?

For each treatment option:

What results could I expect?

How long do the results last?

Does it lose effectiveness over time?

What are the risks and benefits?

What is the cost and will my insurance cover it?

If that treatment is not successful, what is my next option?