

COMMON QUESTIONS ANSWERED

Is bladder leakage a normal part of aging?
Leakage becomes more common with age, but it is not something you have to accept without exploring treatment.

Will I need surgery?
Not necessarily. Many treatment options do not involve surgery. Your provider can explain which options may be appropriate for you.

Will I need a cystoscopy?
Not everyone needs one. A cystoscopy uses a thin instrument with a camera to look inside the urethra and bladder. Your provider will determine whether this or another test is needed.

A LITTLE PREVENTION. A LOT OF LIVING.

Questions? We're here for you!

Talk with your healthcare provider about screening, evaluation, or treatment options.

YOUR NEXT STEP:

When you visit with your provider, ask about services available at CRHC, referrals needed, and scheduling availability!

CONTACT INFORMATION:

Surgery Clinic: (712) 542-8349
Ask questions about these procedures

CMA Clinic: (712) 542-8330
Visit with your primary care provider

Specialty Clinic: (712) 542-8232
Schedule with our Urology specialist

LEARN MORE ON OUR WEBSITE:

www.ClarindaHealth.com

Advancing Exceptional Care

Clarinda Regional Health Center

Women's Bladder Health



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You don't have to live with bladder symptoms.

Bladder leakage, sudden urges to urinate, and frequent trips to the bathroom can affect your sleep, daily activities, and quality of life. These symptoms are common, but they are not something you simply have to accept.

The good news: Treatment may help, and there are options to explore based on your symptoms and health needs.

Start the Conversation

You deserve to feel comfortable asking questions about your bladder health. If symptoms are affecting your daily life, talk with your healthcare provider about what you're experiencing and what options may help.

Your bladder health matters.
We're here to help.

WHAT TO EXPECT AT AN APPOINTMENT

Not everyone needs the same treatment or tests. Your evaluation will depend on your individual symptoms and medical history.

Talk about your symptoms

Discuss when symptoms occur, how often they happen, and how they affect your life.

Review your health history

Your provider may review your medications and ask about previous pregnancies, surgeries and other health conditions.

Complete needed testing

Depending on your symptoms, this may include a urine test, a bladder scan or other tests.

Discuss Next Steps

Together, you and your provider can review treatment options and decide on a plan that fits your needs.

PROCEDURES AT CRHC:

Bladder Botox: *Botox is injected into the bladder muscle to help reduce unwanted bladder contractions and symptoms such as urgency and urge-related leakage. It may have risks, including urinary tract infection or difficulty emptying the bladder.*

Bulkamid: *A gel-like material is injected into the tissue around the urethra, the tube that carries urine out of the body. This helps the urethra close more effectively to reduce leakage during activities such as coughing, sneezing or exercising.*

REASONS TO TALK TO YOUR DOCTOR



- Leak urine when coughing, sneezing, laughing, lifting or exercising.
- Feel a sudden, strong urge to urinate and struggle to reach the bathroom in time.
- Need to urinate more often than usual or wake frequently during the night to go.
- Have trouble emptying your bladder completely.
- Avoid activities, travel or exercise because of bladder symptoms.