

12. When urinating, do you experience?

- Problem starting stream
- Weak, slow stream/dribbling
- Pain  Discomfort  Burning
- Blood in urine
- Bladder not emptying fully
- Stopping and starting urine stream
- None of the above

13. Do you use any of the below for protection during urinary leakage? (Check all that apply)

- Once a day
- None
- Panty liner
- Sanitary napkins-feminine hygiene pads
- Mini pads
- Guards for Men
- Undergarments (with Straps & Buttons)
- Protective Underwear – Disposable
- Adult briefs/diapers
- Bed or furniture pads
- Cloth garments
- Place pads in underwear
- Homemade pads, tissues
- Bedside commode/urinal
- Other, please note below

14. How many times per day do you need to change pads or other products?

- 1  3  5
- 2  4  6 or more

15. Have you ever seen on urologist or other doctor for the problem?

- Yes  No
- Name (if,yes) \_\_\_\_\_
- What do he/she do? \_\_\_\_\_

16. Are you avoiding certain activities because of a urine loss problem?

- Yes  No

17. Are you sexually active now?

- Yes  No

a. Do you have difficulty keeping or getting an erection?

- Yes  No

b. If yes, did your problem start with Prostate Cancer surgery?

- Yes  No

c. Do you have pain/discomfort with intercourse?

- Yes  No

d. Do you ever leak/lose urine during intercourse?

- Yes  No

18. How often do you have a bowel movement?

- More than one per day
- 2-3 times a week
- Less than 1 time once a week

19. Do you have any of the following?

- Constipation
- Diarrhea
- Bloody Stools
- None of the above

20. Do you use laxatives?

- Yes, Which ones? \_\_\_\_\_  No
- \_\_\_\_\_

21. Do you ever lose control of your bowels?

- Yes  No

22. Has there been a change in the pattern of your bowel movements in the past year?

- Yes  No

23. For Men: Are you having problems with impotence and maintaining an erection for intercourse?

- Yes  No

24. Have you previously tried pelvis muscle exercises or Kegel exercises?

- Yes  No

If you have tried pelvic muscle or Kegel exercises describe how you have done them \_\_\_\_\_

\_\_\_\_\_