

# Let's speak about leaks

## BLADDER AND BOWEL CONTROL

Act today to overcome the stigma of incontinence to find the support you need to restore control and quality of your life.

## Does this sound familiar?

**If you relate to any these experiences - you are not alone**

Recognising your incontinence symptoms and talking about it can lead to treatment that is appropriate for you.



Struggling to start, control or complete your bladder or bowel movements?



Carrying spare clothes or wearing pads in case you have an accident?



Urgently rushing to the toilet, worried you may not make it in time?



Avoiding socialising or travel in case you can't find a bathroom nearby?



Experiencing disrupted sleep, frequently waking up at night to go the bathroom?



Worrying about how much you can eat or drink, and what to wear in case of a leak?

## NEXT STEPS

1

### Take the symptom quiz

Answer some simple questions about your experience living with incontinence.

2

### Discuss with your GP

Take these answers to your next appointment and discuss your treatment options.

3

### Find a specialist

If your GP recommends further treatment, find a suitable bladder or bowel doctor near you.



For more information, visit:  
[medtronic.com.au/speakleaks](https://www.medtronic.com.au/speakleaks)