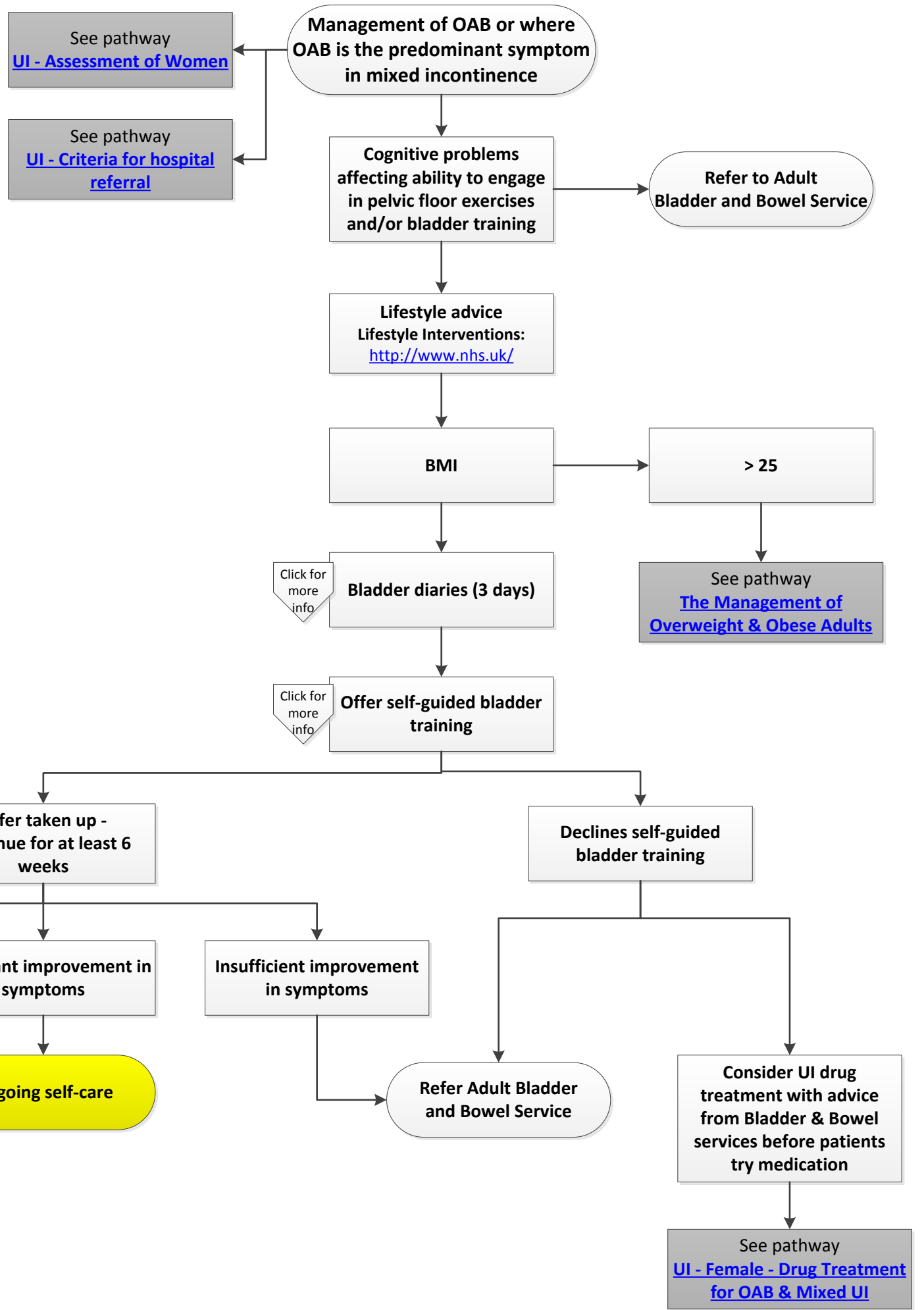


UI - Over Active Bladder (OAB) or Mixed Incontinence with predominant OAB

Information for GPs and healthcare professionals
 Please ensure that you have sought the necessary consent from the patient to share their information across different healthcare professionals to ensure continuity of care.

Click for info for patients





Bladder diaries (3 days)

Give patient OAB leaflet: <http://patient.info/health/overactive-bladder-syndrome>

Use bladder diaries in the initial assessment of women with UI or OAB. Encourage women to complete a diary for 3 days covering variations in their usual activities, such as both working and leisure days.

Three-day Bladder Diary: <http://www.enhertscg.nhs.uk/>

Bowel Habit Diary: <http://www.enhertscg.nhs.uk/>



Offer self-guided bladder training

Give patient OAB leaflet: <http://patient.info/health/overactive-bladder-syndrome>

Bladder Drill Self-Management Plan: <http://www.enhertscg.nhs.uk/>



Information for patients

Bladder Record Chart – Volume and Frequency: <http://www.enhertscg.nhs.uk/>

Bladder Drill Self-management Plan: <http://www.enhertscg.nhs.uk/>

Bladder Training: <http://www.patient.co.uk/health/overactive-bladder-syndrome>