How can I know what type of incontinence I have?

The 3 Incontinence Questions or 3IQ has been shown to be a quick and accurate way of diagnosing stress, urge or mixed incontinence in most cases.

To assess your bladder problems, you can ask yourself the following questions:

1. During the last 3 months, have you leaked urine (even a small amount)?
   - □ Yes (continue to question 2)
   - □ No (done – no UI)

2. During the last 3 months, did you leak urine:
   (Check all that apply)
   - □ When you performing some physical activity, such as coughing, sneezing, lifting or exercise?
   - □ When you had the urge or the feeling that you needed to empty your bladder, but you could not get to the toilet fast enough?
   - □ Without physical activity and without a sense of urgency?

3. During the last 3 months, did you leak urine most often:
   (Check only one)
   - □ When you performing some physical activity, such as coughing, sneezing, lifting or exercise?
   - □ When you had the urge or the feeling that you needed to empty your bladder, but you could not get to the toilet fast enough?
   - □ Without physical activity and without a sense of urgency?
   - □ About equally as often with physical activity as with a sense of urgency?

<table>
<thead>
<tr>
<th>Response to #3</th>
<th>Type of Incontinence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Most often with physical activity</td>
<td>Stress only or mostly stress</td>
</tr>
<tr>
<td>Most often with the urge to urinate</td>
<td>Urge only or mostly urge</td>
</tr>
<tr>
<td>Without activity or urgency</td>
<td>Other cause</td>
</tr>
<tr>
<td>About equally with activity and urge</td>
<td>Mixed</td>
</tr>
</tbody>
</table>

For more information see the following link
http://www.ucsf.edu/wcc/PatientSummary.pdf