

# Do I Want to Seek Treatment? - Pelvic Floor Pathway

(Excerpted from Information for Women about Incontinence & Vaginal Prolapse, February 2013. See [www.health.gov.sk.ca/pelvic-floor](http://www.health.gov.sk.ca/pelvic-floor) )

## THE FIRST DECISION: TREATMENT OR NOT?

Treatments are available for incontinence and prolapse. But it is up to you to decide whether you want to seek treatment or not. Incontinence and prolapse are not life-threatening conditions. Your symptoms may or may not get worse as you get older. The decision depends on how bothersome your symptoms are.

Use this worksheet to help you work through the decision.

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### Decision: Do I want to seek treatment or not?

1. What is your reason for making this decision? \_\_\_\_\_

2. When do you need to make a choice? \_\_\_\_\_

3. How far along are you with making a choice?

I have not yet thought about the options

I am thinking about the options

I am close to making a choice

I have already made a choice

4. How much do the symptoms of incontinence or prolapse affect your...

*(Circle best answer to each question.)*

<i>Ability to perform tasks in your workplace or household?</i>	Not at All	Slightly	Moderately	Greatly
<i>Ability to take part in physical recreation or exercise?</i>	Not at All	Slightly	Moderately	Greatly
<i>Entertainment or participation in social activities?</i>	Not at All	Slightly	Moderately	Greatly
<i>Ability to travel more than 30 minutes from home?</i>	Not at All	Slightly	Moderately	Greatly
<i>Sex life?</i>	Not at All	Slightly	Moderately	Greatly
<i>Emotional health (nervousness, depression, etc.)?</i>	Not at All	Slightly	Moderately	Greatly
<i>Other _____</i>	Not at All	Slightly	Moderately	Greatly

\* adapted from IIQ-7

5. Overall, how much do your symptoms affect your quality of life?

Not at All      Slightly      Moderately      Greatly

6. What is your preferred option?

Seek treatment: get a referral to the pathway clinic

No treatment at this time: you may want to revisit the decision in six months to one year

Not sure: discuss with your primary care provider and call the clinic within one month