

My Bladder Health Snapshot™

Notice what may be changing, then choose one area to track or discuss.



Think about the past month. Check what applies now or what you would like to understand better.

1

Urgency & Frequency



- ☐ I sometimes have a sudden, hard-to-control urge.
- ☐ I go more often than feels usual for me.
- ☐ I plan activities around bathroom access.
- ☐ I limit fluids because I worry about urgency.

2

Nighttime Changes



- ☐ I wake more than once to urinate.
- ☐ Bathroom trips interrupt my sleep.
- ☐ I drink much of my fluid late in the day.
- ☐ Leg swelling or another health issue may contribute.

3

Bladder Leakage



- ☐ I leak with coughing, laughing or exercise.
- ☐ I leak before reaching the bathroom.
- ☐ Leakage happens without a clear trigger.
- ☐ I use pads or change activities because of leakage.

4

Emptying & Flow



- ☐ My stream feels weak, slow or interrupted.
- ☐ I strain or push to urinate.
- ☐ I do not feel completely empty afterward.
- ☐ I return to the bathroom soon after going.

5

Discomfort & Infections



- ☐ I notice burning, pressure or bladder pain.
- ☐ I have had repeated urinary tract infections.
- ☐ I have seen blood in my urine.
- ☐ Symptoms occur with vaginal dryness or irritation.

6

Everyday Factors



- ☐ Constipation or straining may affect my bladder.
- ☐ Caffeine, alcohol or certain drinks may worsen symptoms.
- ☐ A medication or health condition may play a role.
- ☐ I have not had my symptoms evaluated.

My Priorities Right Now

Which two areas would give you the most useful place to begin?

1. _____
2. _____

- ☐ Track a pattern ☐ Try one bladder-supportive habit ☐ Discuss it with a healthcare professional

Helpful Details to Bring



When symptoms began



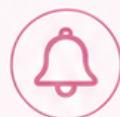
How often they happen



Fluids and bathroom timing



Medications and recent test results



Gentle Reminder

Bladder symptoms can have several causes. This check-in cannot diagnose the pattern, but it can help you organize what you notice.



Martine's Midlife Wellness Tip

Choose the symptom affecting daily life most and track it for three days. A short, specific record can reveal more than memory alone.



Seek prompt medical care for blood in urine, fever with urinary symptoms, severe back or pelvic pain, vomiting or difficulty passing urine.