



**American
Stroke
Association.**
*A division of the
American Heart Association.*

Incontinence Discussion Guide

Incontinence is the body's inability to control functions of urination or defecation (discharge of feces from the bowels).

It's important for you and/or your caregiver to have an open dialogue with your health care team to:



**Better understand
the cause of
your incontinence.**



**Determine a
treatment plan.**



**Recognize
the impact of
incontinence.**

You can use these questions to help have a productive conversation:

1. What is incontinence and how common is it in people with stroke?
2. What symptoms may suggest someone is experiencing incontinence?
3. There are many types of incontinence, how do you know which type you have?
4. Many foods and fluids can increase incontinence. Do you know which foods and fluids to avoid?
5. What are some strategies to help incontinence?
6. What are the treatment options for incontinence?
7. What's important for me to convey to my doctor to accurately diagnose incontinence?