



# Are You Experiencing Overactive Bladder (OAB) Symptoms?

## What Is OAB?

OAB is a medical condition characterized by a group of urinary symptoms. It is not a disease. OAB can happen when nerve signals between your bladder and brain tell your bladder to empty even though it is not full or when the muscles in your bladder are too active.

## What Are the Symptoms of OAB?

**Urgency:** A sudden and strong need to urinate right away

*People with OAB also have 1 or more of these signs:*

**Frequency:** Urinating 8 or more times per day or what seems like too often

**Urge Incontinence:** A sudden need to urinate followed by urine leakage

**Night Urination:** Waking up 1 or more times during the night to urinate

These symptoms can also be caused by a urinary tract infection, being sick, or as a side effect of a medication. Your healthcare provider can advise you on the possible cause of your symptoms.

## Talking With Your Healthcare Provider About Your Bladder Symptoms

Answer the following questions and then discuss them with your doctor:

1. How many times per day do you rush to the bathroom to urinate and worry that you won't make it?
2. How many times per day do you use the bathroom to urinate?
3. How many times per week do you limit how much you drink so you don't have to make as many trips to the bathroom?
4. Do you make sure you know where to find the bathroom, no matter where you are?
5. How many times have you leaked urine this week?
6. How many times do you use the bathroom to urinate during the night?

**You may feel embarrassed to talk about your bladder symptoms. But healthcare providers are used to hearing about these kinds of symptoms. Don't wait. There are many ways to treat OAB. You just have to ask.**