



TALKING TO YOUR PARTNER

ABOUT PELVIC ISSUES

If you are suffering from some form of urinary incontinence, this can lead to issues in physical relationships. Fear of having an accident or pain during intercourse can make spending time together difficult and your changing behavior may seem strange to someone who doesn't understand. Being open about the problem can bring relief to you both. As difficult as it is, there is nothing to be embarrassed about.

IT'S TIME TO TALK WHEN

- Urinary urgency and frequency are interrupting time spent together.
- You are avoiding sex due to pain or fear of leaking.
- Taking long trips together makes you nervous.
- General anxiety makes you feel uncomfortable with your partner.
- You frequently cancel dates and plans due to your symptoms.

HOW TO START THE CONVERSATION

1

BE HONEST

Let them know the reason you might have been acting differently and more reluctant to do things has nothing to do with them, but is related to your needing to use the bathroom more frequently.

2

EXPLAIN

Many people don't understand that urinary incontinence is a common yet treatable problem. Walk them through some of the treatment options like physical therapy and medications that you've started trying.

3

CONTINUE THE CONVERSATION

This process doesn't happen overnight, so continued communication will help you feel like someone understands while keeping your partner in the know.