



PATIENT EXPECTATIONS—GENERAL

Many women find it difficult or embarrassing to talk about problems with their pelvic floor – uncontrollable urine, gas or stool leakage, pelvic organ prolapse, or constipation. Approximately 25% of women with uncontrollable urine loss do not even seek care, and about 2/3 of physicians never ask their patients about this problem. Many women believe these problems are a normal part of aging, and no effective treatment is available. It's no wonder that it may have taken years for you to find your way to us. The good news is this: you have come to a place that specializes in treating women with pelvic floor disorders. Uncontrollable urine, gas, or stool leakage, pelvic organ prolapse, or constipation are common medical conditions that have specific treatment options. Nearly everyone with these problems can be helped and their quality of life can be significantly improved.

Our physicians specialize in the diagnosis and treatment of uncontrollable loss of urine or stool (solid, liquid or gas), and prolapse (pelvic relaxation or "bulge"). While your symptoms may be embarrassing to you, they are common symptoms that we hear about every day. We have found that preparing you for the first visit will help both you and us. Please review the information found here, and fill out the "new patient packet" to the best of your ability. Feel free to contact our office prior to your appointment with questions you may have about the packet.

Prior to your first appointment, it would be helpful to consider the following questions.

- When did you first notice these symptoms or when did they become bothersome? Was it associated with surgery or a new medical diagnosis, or the prescription of a new medication?
- Does anything make your symptoms worse, such as an activity or particular food?
- Does anything make your symptoms better?

Please spend a few minutes making a list of your concerns prior to your visit. What is most troublesome about your symptoms? What is your #1 reason for seeking treatment? Women frequently wait months or years to seek treatment and "save up" several issues, hoping for resolution of all of them at once. It is helpful for you and for us if you will choose the most disturbing, and let us work on that one first. Resolving one issue at a time is usually more satisfying than trying to work on several at once. Some issues will take time and perseverance to receive the desired result, but we will work as a team to obtain the best possible outcome and improvement to your quality of life.

If you have any special needs, such as inability to ambulate independently, or problems with your vision, hearing, language or memory, please make your needs known to the staff prior to your appointment.