

# Concerned about your bladder or bowel health? Not sure if you have a problem?

- Do you ever leak when you laugh, cough or sneeze? Or when you exercise or play sport?
- Plan ahead so you are always near a toilet when you leave the house?
- Do you ever have to run to the bathroom?
- Worry you might not make it in time?
- Ever leak before you get there?
- Do you go wake up to go to the toilet twice or more at night?
- Does your bladder sometimes feel like it isn't empty, even when you've just been to the toilet?
- Do you strain to empty your bowel?
- Ever soil your underwear?

If you answered yes to any of these questions, you may have a bladder or bowel issue. Call us and we can help!

 0800 650 659

 [continence.org.nz](https://www.continence.org.nz)

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