## This form can be printed or completed on a device.

**Printing:** Please ensure that you print this material with the following specifications – On A4 paper. One page to be printed per piece of A4 paper single sided. **Device:** Please ensure your device supports the completion and saving of fillable PDF files.

Date:

How long have you had the problem?

How does it feel?

How often does it affect you?

What activities does your bladder problem stop you from doing?

What changes do you need to make to your day because of your bladder problem?

Which food, drink or lifestyle choices do you think make the condition worse?

What types of liquid and how much of each do you drink in a typical day?

Please provide details of your medical history

## Visit bladderproblem.co.uk for further support and information



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