

Do I have a Pelvic Floor Dysfunction?

If you say “yes” to any of the following, please contact us at (858) 224-2242 for further workup and advice.

1. Are you unable to control your bowel or bladder?
 - a. Do you leak with activity? Coughing? Sneezing?
 - b. Do you leak when you’re trying to get to the bathroom?
2. Do you urinate less than every 2 hours?
3. Do you feel like you are unable to complete empty your bladder or bowel?
4. Are you consistently constipated?
 - a. Does your bowel movement look like rabbit pellets?
 - b. Does it take you more than a couple days to have a bowel movement?
5. Do you have pain in the pelvic region?
 - a. Did you sustain a fall on your tailbone?
 - b. Did you have a significant birthing story, or was there difficulty with healing?
6. Do you have to urinate at night?
7. Do you have pain with intercourse? With use of tampons? With any activity?
8. Do you have frequent UTIs, especially those that feel like a UTI but technically test negative?
9. Does your c-section scar hurt or feel like it’s pulling?