

# Has peeing and peeing and peeing and peeing become a problem?



If you've been peeing **more than 8 times** a day, or having **sudden urges** that may lead to **little accidents**, take this test now.

**TALK TO YOUR DOCTOR TODAY.**

[www.peeingproblem.ca](http://www.peeingproblem.ca)



Stop simply  
"living with it".

**START LIVING.**

## V8 OVERACTIVE BLADDER ASSESSMENT QUESTIONNAIRE

The following questions are designed to help assess how bladder symptoms are affecting your life. Some people are bothered by bladder symptoms and may not realize that there are treatments that can help.

**Please circle the score** that best describes how much each symptom affects your life. Add the numbers together for a total score and record the score in the box provided at the bottom.

How bothered have you been by...	Not at all	A little bit	Somewhat	Quite a bit	A great deal	A very great deal
1. Frequent urination during the day?	0	1	2	3	4	5
2. An uncomfortable urge to urinate?	0	1	2	3	4	5
3. A sudden urge to urinate with little or no warning?	0	1	2	3	4	5
4. Accidental loss of small amounts of urine?	0	1	2	3	4	5
5. Nighttime urination?	0	1	2	3	4	5
6. Being woken up at night because you had to urinate?	0	1	2	3	4	5
7. An uncontrollable urge to urinate?	0	1	2	3	4	5
8. Urine loss associated with a strong urge to urinate?	0	1	2	3	4	5

Are you a male? If yes, add 2 points to your score.

If your score is **8 or more**, you may have "Overactive Bladder" – a **treatable** medical condition. The good news is, there are effective treatments available.

**TOTAL SCORE**



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