

# Your Journey with Lower Urinary Tract Symptoms (LUTS) for those with Female Urinary Organs



For more information scan this QR code or go to [myhealth.alberta.ca/female-luts-pathway](https://myhealth.alberta.ca/female-luts-pathway)

**Lower urinary tract symptoms (LUTS) are problems that affect how you urinate (pee). These might include leaking urine, a sudden and frequent urge to urinate, a weak urine stream, pain during or after sex, leaking urine when you sneeze, cough, or exercise, or the feeling that your bladder is not completely empty after you finish.**

You play the most important role in your healthcare. This guide is created for people with female urinary organs. It will help you understand what to expect as you work with your healthcare team to manage and treat LUTS. If you have any questions, don't hesitate to ask your healthcare team.

## Before your appointment

- Write down how you feel, your symptoms, and any questions or concerns. Include things you find make your symptoms better or worse, and what you have tried before to help with your symptoms.
- Consider completing a [bladder diary](#) before you see your healthcare provider, or they may ask you to do one after your appointment.



## Visit your healthcare provider

- Consider bringing a family member or friend to support you.
- Share all of your symptoms and concerns. Your health includes physical, emotional, spiritual, financial, and social elements.
- Your healthcare provider needs to hear from you and understand what matters to you.
- You will likely have a physical exam of your abdomen and an internal pelvic exam. You may also be asked to do a cough stress test to see if you leak urine.



## Get your tests

- You may be asked to give a urine sample and have blood work done. This will help your healthcare provider understand the health of your bladder and kidneys.
- Some patients may need to get a scan of their kidneys and bladder.
- It is important to talk with your healthcare team about what tests are right for you based on your age, symptoms, and treatment plans.



## Review your test results

- You may find your test results on MyHealth Records or MyChart.
- Talk with your healthcare provider so you know what your test and assessment results mean and how they will help your team and you decide what to do next.



## Review your treatment, management and prevention options

- After your healthcare provider determines what is causing your LUTS, you will work together on a treatment plan that may include physiotherapy or medical devices.
- You may be able to manage your symptoms with pelvic floor exercises, adjusting what you eat and drink, being active, changing your bathroom habits.
- Your healthcare provider may suggest specific medications based on your symptoms.
- Some patients may benefit from seeing a physiotherapist for pelvic floor exercises, although not all treatments are covered by the Alberta Health Care Insurance Plan.



## Talk with your healthcare provider about a referral

- You may find your test results on MyHealth Records or MyChart.
- Talk with your healthcare provider so you know what your test and assessment results mean and how they will help your team and you decide what to do next.



## Start your treatment and watch your symptoms

- Take an active role in your treatment. If you have a change in symptoms or notice new symptoms, consider writing down what they are and the date, time, and what you were doing when they began.
- Make sure to tell your healthcare team right away or call 811 if you have pain, blood in your urine, a hard time urinating or emptying your bladder, post-menopausal bleeding, unexplained weight loss, loss of appetite, or night sweats.



## Keep taking care of yourself

- Keep taking care of your overall health.
- Look for other healthy lifestyle resources and supports.



Whole-person health

### Important Tips:

Need a family doctor?  
[ahs.ca/findadoctor](https://ahs.ca/findadoctor)

Need a translator?  
Let your healthcare provider know

Need health advice?  
Call Health Link at 811

Need to find programs and services in your community?  
Call 211 or visit [ab.211.ca](https://ab.211.ca)

