

## You Have Choices!

Taking time to think through these questions will help you prepare for your appointment.



What do you hope to accomplish during this appointment?

What are your main symptoms? When did they start? How often are you experiencing symptoms?

## Testing

What have you tried regarding testing? Do the results match your symptoms? If not, advanced testing is necessary. Talk to your doctor about advanced testing (testing most commonly offered is highly inaccurate). Some choices of advanced testing are:

Cirrus DX

Microgen DX

Pathnostics

My UTI

How do you feel about the testing you've received?

## Procedures

Are you being offered invasive procedures such as cystoscopy (one cystoscopy is helpful to rule out other problems), bladder installation cocktails, bladder hydrodistention, urethral dilations and others? Before trying these procedures it is important to rule out infection. It is perfectly fine to refuse these procedures.

How do you feel about having been offered these procedures?

What treatments have you tried? Have they been effective and for how long?

Have you been diagnosed with interstitial cystitis? If so, have you tried advanced testing to rule out infection?

Is there anything else you would like to share with your doctor?

