Pelvic Floor Self-Assessment

If you’re on this page, you may have questions about your pelvic floor function. This brief self-assessment will help you determine if you should see a specialist. It is not intended to diagnose any condition. If you answer “yes” to one or more questions, consider seeing the experts at Virtua Female Pelvic Medicine. Call 1-888-VIRTUA-3 for an appointment.

Symptoms

- Do you frequently leak urine (even a tiny amount) during ordinary activities such as jogging, lifting, jumping, sneezing, laughing or coughing?  
- Do you feel you must wear liners or pads to protect yourself from a bladder or bowel accident?  
- Do you have sudden urges to urinate and are sometimes unable to “hold it” while you rush to the toilet?  
- Do you have difficulty “holding it” while you rush to the toilet for a bowel movement?  
- Do you urinate more than twice during the night, even after limiting your liquid intake?  
- Has a loss of bladder or bowel control caused you to limit your activities in any way?  
- Do bladder or bowel control issues cause you to feel anxious?  
- Do you have to move your organs around to urinate or have a bowel movement?  
- While sitting on the toilet, does it feel as though something may fall through your pelvis?  
- Do you ever feel pressure in your pelvic area?  
- Do you have pain or discomfort in your pelvic area?  
- Do you experience pain during sex?

Risk factors for pelvic floor conditions

- Vaginal delivery  
- Forceps used, or severe tearing, during childbirth  
- Family history of incontinence (“leakage”) or prolapse (dropped organs in the pelvic region)  
- Hysterectomy  
- Post-menopausal