



# Small leaks, big questions

**Urinary incontinence** is common among women and can occur for various reasons. Did you know that Urinary incontinence (UI) affects 62% of all adults in the U.S.? (Patel, et al, 2022) Some health conditions that may contribute to UI include neurological issues, bladder or urethral problems, weakened pelvic floor, and chronic health conditions. Urinary incontinence can appear in different ways, including leakage during activities like coughing, sneezing, laughing or exercising. It may present itself as a slow dribble of urine during the day or at night or as a sudden, strong urge that is difficult to control.






## Do I Have Urinary incontinence? Let’s find out!

- ☐ Do you leak urine before reaching the toilet?
- ☐ Do you leak when you cough, sneeze, or exercise?
- ☐ Do you experience leaks when sleeping?
- ☐ Does urine leakage interfere with your daily life?

If you answered yes to any, talk to your provider about management options!

## Many women experience Urine incontinance but don’t seek treatment - there are solutions!

Option	How It Works	Pros	Cons
 <b>Absorbent Products (Diapers/Pads)</b>	Absorbs leaks	Easy to use	Not always covered by insurance. Risk of skin irritation, odor, bulky, frequent changes.
 <b>External Suction Devices</b>	Uses suction to draw urine away	Non-invasive, easy to apply.	Not always covered by insurance. Requires pump or wall suction. . Can cause wetness and skin irritation.
 <b>uricap Female</b>	Non-invasive, external device that directs urine into a collection bag	Is covered by insurance. Skin stays dry. Comfortable for nigh-time use or when bedridden 24/7, also when moving in bed.	Requires some practice to achieve a proper leak- free fit.



## Take Control of Your UI

- **Talk to your provider** about the best option for you
- **Explore innovative solutions** like UriCap Female for better comfort & protection
- **For more information**, visit UriCap.com or call 866-448-1377

i Patel, Ushma J et al. "Updated Prevalence of Urinary Incontinence in Women: 2015-2018 National Population-Based Survey Data." Female pelvic medicine & reconstructive surgery, 10.1097/SPV.0000000000001127. 12 Jan. 2022, doi:10.1097/SPV.0000000000001127.