

# 3IQ: A Simple Test to Differentiate Urge and Stress Urinary Incontinence

## Three Incontinence Questions:

1. During the last 3 months have you leaked urine (even a small amount)?:  
Yes / No
2. If yes, during the last 3 months, did you leak urine: (*check all that apply*)
  - When you were performing some physical activity, such as coughing, sneezing, lifting, or exercising?
  - When you had the urge or feeling that you needed to empty your bladder, but you could not get to the toilet fast enough?
  - Without physical activity and without a sense of urgency?
3. During the last 3 months did you leak urine *most often*: (*check only one*)
  - When you were performing some physical activity, such as coughing, sneezing, lifting, or exercising? Stress
  - When you had the urge or feeling that you needed to empty your bladder, but you could not get to the toilet fast enough? Urge
  - Without physical activity and without a sense of urgency? Other
  - About equally as often with physical activity as with a sense of urgency? Mixed