

Incontinence Quiz: 100 Multiple-Choice Questions

1. What is urinary incontinence?

- A. Complete kidney failure
- B. Loss of bladder control causing accidental urine leakage
- C. Infection of the kidneys
- D. Inability to produce urine

2. Which type of incontinence is caused by pressure on the bladder during coughing or sneezing?

- A. Overflow incontinence
- B. Functional incontinence
- C. Stress incontinence
- D. Reflex incontinence

3. What is urge incontinence commonly associated with?

- A. Sudden intense urge to urinate
- B. Kidney stones only
- C. Excessive sweating
- D. Liver disease

4. Which muscle group plays a major role in bladder control?

- A. Deltoid muscles
- B. Pelvic floor muscles
- C. Hamstring muscles
- D. Calf muscles

5. Which condition may increase the risk of urinary incontinence?

- A. Diabetes
- B. Perfect vision
- C. Low heart rate
- D. Healthy kidneys

6. What is overflow incontinence?

- A. Leakage due to bladder overfilling
- B. Painful urination only
- C. Blood in urine
- D. Kidney infection

7. Which lifestyle factor can worsen incontinence?

- A. Smoking
- B. Adequate hydration
- C. Regular exercise
- D. Balanced diet

8. Which gender is more commonly affected by stress incontinence?

- A. Men
- B. Women
- C. Children only
- D. Equal in all groups

9. What is nocturia?

- A. Pain during urination
- B. Frequent nighttime urination
- C. Complete bladder blockage
- D. Kidney swelling

10. Which beverage may irritate the bladder?

- A. Water
- B. Herbal tea
- C. Coffee
- D. Milk

11. What is functional incontinence?

- A. Leakage due to physical or mental limitations
- B. Kidney failure
- C. Bladder infection only

D. Excess urine production

12. Which exercise is commonly recommended for incontinence?

- A. Bench press
- B. Kegel exercises
- C. Sprinting
- D. Push-ups

13. Which age group is most commonly affected by urinary incontinence?

- A. Infants only
- B. Teenagers only
- C. Older adults
- D. Newborns only

14. Which organ stores urine?

- A. Liver
- B. Bladder
- C. Pancreas
- D. Spleen

15. What is mixed incontinence?

- A. Combination of stress and urge incontinence
- B. Kidney and liver disease together
- C. Infection with bleeding
- D. Complete loss of kidney function

16. Which medical professional commonly treats urinary incontinence?

- A. Dermatologist
- B. Urologist
- C. Ophthalmologist
- D. Cardiologist

17. What can obesity contribute to?

- A. Improved bladder strength
- B. Increased pressure on the bladder
- C. Reduced urine production
- D. Better pelvic muscles

18. Which symptom may accompany urge incontinence?

- A. Sudden urinary urgency
- B. Hair loss
- C. Skin rash
- D. Hearing problems

19. Which surgery may increase the risk of incontinence in men?

- A. Appendectomy
- B. Prostate surgery
- C. Tonsil removal
- D. Cataract surgery

20. What is a common cause of temporary incontinence?

- A. Urinary tract infection
- B. Broken arm
- C. Tooth decay
- D. Sunburn

21. Which diagnostic test measures bladder function?

- A. ECG
- B. Urodynamic testing
- C. Colonoscopy
- D. EEG

22. Which medication type may help treat urge incontinence?

- A. Antibiotics only
- B. Anticholinergics

- C. Antacids
- D. Antihistamines only

23. What is the urethra?

- A. Tube carrying urine out of the body
- B. Kidney tissue
- C. Blood vessel in the bladder
- D. Digestive organ

24. Which neurological disorder may cause incontinence?

- A. Multiple sclerosis
- B. Astigmatism
- C. Eczema
- D. Migraine only

25. Which pregnancy-related factor may contribute to incontinence?

- A. Increased pelvic pressure
- B. Better bladder support
- C. Lower urine production
- D. Improved nerve function

26. What is bowel incontinence?

- A. Inability to digest food
- B. Loss of bowel control
- C. Kidney failure
- D. Stomach ulcers

27. Which food may worsen bladder irritation?

- A. Spicy foods
- B. Rice
- C. Apples
- D. Oatmeal

28. Which hormone changes during menopause may affect continence?

- A. Insulin
- B. Estrogen
- C. Thyroxine
- D. Cortisol

29. What is bladder training?

- A. Surgery to remove the bladder
- B. Scheduled urination to improve bladder control
- C. Kidney massage
- D. Antibiotic treatment

30. Which symptom suggests overflow incontinence?

- A. Constant dribbling of urine
- B. Severe headache
- C. Chest pain
- D. Skin itching

31. Which condition enlarges the prostate and may cause incontinence?

- A. Benign prostatic hyperplasia
- B. Appendicitis
- C. Gallstones
- D. Asthma

32. What does "incontinence" mean?

- A. Ability to control bladder or bowel function
- B. Excess urine production
- C. Kidney inflammation
- D. Bladder infection

33. Which habit may help reduce nighttime urination?

- A. Drinking large amounts before bed
- B. Limiting fluids before bedtime
- C. Avoiding exercise forever
- D. Sleeping less

34. Which device may be used in women with stress incontinence?

- A. Pacemaker
- B. Pessary
- C. Cast
- D. Hearing aid

35. Which symptom is common with urinary tract infection?

- A. Burning during urination
- B. Improved vision
- C. Tooth pain
- D. Joint flexibility

36. Which type of incontinence may occur after spinal cord injury?

- A. Reflex incontinence
- B. Stress incontinence only
- C. Functional incontinence only
- D. Temporary dehydration

37. Which imaging test may examine the urinary tract?

- A. MRI
- B. X-ray of finger only
- C. Dental scan only
- D. Skin biopsy

38. What is one goal of pelvic floor therapy?

- A. Improve bladder support
- B. Increase blood sugar
- C. Reduce lung function
- D. Improve eyesight

39. Which condition can cause chronic coughing and worsen stress incontinence?

- A. Chronic bronchitis
- B. Broken finger
- C. Nearsightedness
- D. Ear infection

40. Which age-related change contributes to incontinence?

- A. Stronger bladder muscles
- B. Reduced bladder elasticity
- C. Improved nerve signals
- D. Increased bone density

41. What is fecal incontinence?

- A. Inability to control bowel movements
- B. Kidney disease
- C. Liver failure
- D. Blood clotting disorder

42. Which surgery may help severe stress incontinence?

- A. Sling procedure
- B. Tonsillectomy
- C. Cataract removal
- D. Appendectomy

43. Which symptom may indicate urge incontinence?

- A. Inability to delay urination
- B. Dry skin only
- C. Hair thinning
- D. Muscle cramps only

44. Which condition may damage nerves controlling the bladder?

- A. Stroke
- B. Broken toe
- C. Seasonal allergies
- D. Acne

45. Which drink is least likely to irritate the bladder?

- A. Water
- B. Energy drinks
- C. Alcohol
- D. Soda

46. What is double voiding?

- A. Urinating twice within a short time to empty the bladder
- B. Drinking twice as much water
- C. Surgery on both kidneys
- D. A bladder infection

47. Which medication side effect may worsen incontinence?

- A. Increased urination
- B. Improved muscle tone
- C. Better sleep only
- D. Faster nail growth

48. Which type of doctor may assist with pelvic floor rehabilitation?

- A. Physical therapist
- B. Dentist
- C. Optometrist
- D. Dermatologist

49. Which symptom is common in overactive bladder?

- A. Frequent urination
- B. Hearing loss
- C. Vision loss
- D. Hair growth

50. Which test may detect urine leakage during coughing?

- A. Stress test for bladder control
- B. Eye exam
- C. Blood pressure check only
- D. Hearing test

51. What is the main purpose of absorbent pads in incontinence care?

- A. Cure the condition
- B. Manage urine leakage
- C. Increase bladder size
- D. Prevent kidney stones

52. Which condition can contribute to functional incontinence in older adults?

- A. Arthritis
- B. Perfect mobility
- C. Excellent memory
- D. Strong vision

53. Which bladder habit may worsen symptoms?

- A. Delaying urination for long periods
- B. Healthy hydration
- C. Regular exercise
- D. Timed voiding

54. Which condition is commonly linked to fecal incontinence?

- A. Chronic diarrhea
- B. Healthy digestion
- C. Perfect bowel function
- D. Strong abdominal muscles

55. Which symptom may suggest pelvic floor weakness?

- A. Leakage during exercise
- B. Improved balance
- C. Better hearing
- D. Strong grip strength

56. What is catheterization?

- A. Inserting a tube to drain urine
- B. Removing the kidneys
- C. Treating hearing problems
- D. Performing eye surgery

57. Which neurological disease may impair bowel control?

- A. Parkinson's disease
- B. Nearsightedness
- C. Sinus infection
- D. Acne

58. Which factor may reduce the risk of incontinence?

- A. Maintaining healthy weight
- B. Smoking heavily
- C. Ignoring symptoms
- D. Excess caffeine intake

59. Which bladder symptom is associated with overactive bladder?

- A. Urgency
- B. Blurred vision
- C. Chest pain
- D. Skin discoloration

60. Which type of incontinence often occurs without warning due to nerve damage?

- A. Reflex incontinence
- B. Stress incontinence

- C. Functional incontinence
- D. Temporary incontinence

61. What is one purpose of bladder diaries?

- A. Track urinary habits and symptoms
- B. Measure blood sugar only
- C. Improve eyesight
- D. Record heart rhythms

62. Which condition may lead to urinary retention and overflow incontinence?

- A. Enlarged prostate
- B. Healthy bladder
- C. Strong pelvic muscles
- D. Mild headache

63. Which habit may irritate the bladder lining?

- A. Excess alcohol consumption
- B. Drinking water moderately
- C. Walking daily
- D. Balanced meals

64. Which complication may result from untreated incontinence?

- A. Skin irritation
- B. Improved sleep
- C. Better mobility
- D. Stronger muscles

65. Which pelvic structure supports the bladder?

- A. Pelvic floor
- B. Shoulder joint
- C. Rib cage
- D. Skull

66. Which condition may temporarily worsen urinary urgency?

- A. Anxiety
- B. Good sleep
- C. Balanced nutrition
- D. Calm breathing

67. Which surgery treats severe bowel incontinence in some cases?

- A. Sphincter repair
- B. LASIK surgery
- C. Tonsillectomy
- D. Gallbladder removal

68. What does urgency mean in bladder symptoms?

- A. Sudden strong need to urinate
- B. Pain in the chest
- C. Loss of appetite
- D. Muscle weakness

69. Which group is at higher risk for stress incontinence?

- A. Women after childbirth
- B. Healthy teenagers only
- C. Infants only
- D. Professional athletes only

70. Which symptom is common in fecal incontinence?

- A. Leakage of stool
- B. Dry cough
- C. Nosebleeds
- D. Joint pain

71. Which medical device may collect urine externally?

- A. Condom catheter
- B. Pacemaker

- C. Contact lens
- D. Cast

72. Which type of fluid intake is generally healthiest for bladder function?

- A. Adequate water intake
- B. Excess soda
- C. Energy drinks only
- D. Large amounts of alcohol

73. Which condition may affect bladder sensation?

- A. Diabetic neuropathy
- B. Healthy circulation
- C. Strong bones
- D. Clear vision

74. Which behavior can strengthen pelvic muscles?

- A. Regular Kegel exercises
- B. Smoking daily
- C. Avoiding movement
- D. Excess caffeine intake

75. Which symptom may indicate a bladder infection?

- A. Cloudy urine
- B. Clear vision
- C. Hair loss
- D. Foot swelling only

76. Which specialist may help with bowel incontinence?

- A. Gastroenterologist
- B. Podiatrist
- C. Audiologist
- D. Ophthalmologist

77. Which exercise may worsen severe pelvic floor weakness if done improperly?

- A. Heavy lifting
- B. Gentle walking
- C. Stretching
- D. Controlled breathing

78. Which medical condition can affect cognition and contribute to functional incontinence?

- A. Dementia
- B. Healthy memory
- C. Mild sunburn
- D. Seasonal allergies

79. What is one benefit of scheduled toileting?

- A. Reduces accidents
- B. Causes dehydration
- C. Weakens muscles
- D. Increases infections

80. Which surgery may support the urethra in women?

- A. Bladder sling surgery
- B. Brain surgery
- C. Appendectomy
- D. Cataract surgery

81. Which condition may contribute to constipation-related bladder symptoms?

- A. Chronic constipation
- B. Healthy digestion
- C. Strong hydration
- D. Balanced diet

82. Which symptom may suggest severe urinary retention?

- A. Weak urine stream
- B. Better concentration
- C. Improved hearing
- D. Rapid hair growth

83. Which incontinence product protects bedding?

- A. Waterproof mattress pad
- B. Sunglasses
- C. Gloves
- D. Face mask

84. Which habit may improve bowel continence?

- A. High-fiber diet
- B. Excess junk food
- C. Skipping meals
- D. Avoiding fluids completely

85. Which condition may cause sudden temporary incontinence in older adults?

- A. Delirium
- B. Healthy sleep
- C. Stable mobility
- D. Balanced nutrition

86. Which bladder training goal is common?

- A. Increase time between bathroom visits
- B. Eliminate all fluids
- C. Prevent movement
- D. Reduce kidney function

87. Which symptom may accompany fecal impaction?

- A. Overflow bowel leakage
- B. Improved digestion

- C. Increased appetite only
- D. Better balance

88. Which bladder irritant is commonly found in soda?

- A. Caffeine
- B. Calcium only
- C. Protein only
- D. Iron only

89. Which condition can weaken pelvic tissues in women?

- A. Menopause
- B. Healthy hormone balance
- C. Improved circulation
- D. Adequate exercise

90. Which approach may help prevent skin complications from incontinence?

- A. Frequent skin cleansing
- B. Ignoring wet clothing
- C. Avoiding hygiene
- D. Wearing damp pads for long periods

91. Which symptom may indicate overactive bladder syndrome?

- A. Frequent urgent urination
- B. Hearing problems
- C. Skin ulcers
- D. Joint swelling

92. Which treatment may use electrical stimulation to strengthen pelvic muscles?

- A. Neuromodulation therapy
- B. Radiation therapy
- C. Chemotherapy
- D. Dialysis

93. Which symptom is common after excessive fluid intake?

- A. Increased urination frequency
- B. Reduced urine production
- C. Blurred hearing
- D. Bone pain

94. Which condition may increase abdominal pressure and worsen incontinence?

- A. Chronic obesity
- B. Healthy weight
- C. Regular stretching
- D. Proper hydration

95. Which bowel habit may worsen fecal incontinence?

- A. Chronic diarrhea
- B. Regular bowel movements
- C. Balanced meals
- D. Healthy hydration

96. Which test checks for infection in urine?

- A. Urinalysis
- B. Eye examination
- C. Bone scan
- D. Hearing evaluation

97. Which nerve-related condition may impair continence?

- A. Spinal cord injury
- B. Tooth cavity
- C. Nearsightedness
- D. Seasonal allergies

98. Which preventive step may lower incontinence risk after childbirth?

- A. Pelvic floor exercises
- B. Smoking
- C. Excess caffeine intake
- D. Avoiding all movement

99. Which symptom may occur with severe urge incontinence?

- A. Leakage before reaching the toilet
- B. Improved balance
- C. Better memory
- D. Increased appetite

100. What is an important first step when experiencing persistent incontinence?

- A. Seek medical evaluation
- B. Ignore the symptoms
- C. Stop drinking water completely
- D. Avoid all physical activity