
Your ABL Conversation Starter™

ABL is surprisingly common. It's important to know that you're not alone. We hope these four questions help you start a conversation with your healthcare provider so you can improve your symptoms.

1

ABL varies from person to person. When you have an accidental bowel leak, about how much leakage do you experience? Would you say your leakage is mostly...

- Small amounts, more like little bits of leakage
- More than small amounts, but not so large that I feel like my whole bowels are letting go
- Large amounts, more like a full bowel movement
- A mix of amounts, it varies

2

Frequency of leakage may vary widely. About how often do you experience ABL?

- One or more times a day
- One or more times a week
- One or more times a month
- Less than once a month
- Every few months

3

ABL often happens unexpectedly and at inconvenient times. I find my leakage occurs...

[Check all that apply]

- Mostly in the mornings
- When I feel a sudden urge and am unable to make it to the bathroom in time
- I just seem to have frequent loose stools
- It just happens without my being aware
- When I pass gas

4

Overall, how bothered are you by your ABL symptoms?

1	2	3	4	5
Not bothered at all	Not very bothered	Somewhat bothered	Very bothered	Extremely bothered

Please use the space below if there is anything else you would like to share about how ABL affects you.