



Dear Doctor, I have a problem which I find embarrassing to talk about.

The problem is with my:

pelvic floor anus (bumhole) perineum (between testicles and anus) tummy
penis shaft penis glans (head) right testicle left testicle both testicles
other _____

The problem is that I:

have pain have a discharge have itching have stinging have a lump
have a swelling have a rash have spots have a smell
just don't feel right feel aroused all the time have a dragging sensation
leak pee leak poo bleed other _____

The problem happens:

when I pee when I poo when I laugh when I cough
when I sneeze when I run when I walk when I lift something heavy
when I have been standing for a long time when I use a sex toy
when I have sex when I masturbate when I orgasm after I have had sex
when I wear tight clothes when I do my pelvic floor exercises
every time _____ times a day _____ times a week _____ times a month
all the time at night when I _____

I have had the problem for:

_____ days _____ weeks _____ months _____ years since I was a child
since I _____

The problem is:



getting better

getting worse

staying the same