

INITIAL MANAGEMENT OF URINARY INCONTINENCE IN WOMEN¹

HISTORY/SYMPTOM ASSESSMENT

Incontinence on physical activity

Incontinence with mixed symptoms

Incontinence with urgency/frequency

CLINICAL ASSESSMENT

- General assessment
- Urinary Symptom Assessment (including frequency-volume chart and questionnaire)
- Assess quality of life and desire for treatment
- Physical examination: abdominal and pelvic
- Cough test to demonstrate stress incontinence if appropriate
- Urinalysis ± urine culture -> if infected, treat and reassess if appropriate
- Assess voluntary pelvic floor muscle contraction
- Assess post-void residual urine

"COMPLICATED" INCONTINENCE

- Recurrent incontinence
- Incontinence associated with:
 - Pain
 - Hematuria
 - Recurrent Infection
 - Voiding symptoms
 - Pelvic irradiation
 - Radical pelvic surgery
 - Suspected fistula

- If other abnormality found e.g.
 - Significant post-void residual
 - Significant pelvic organ prolapse
 - Pelvic mass

PRESUMED DIAGNOSIS

STRESS INCONTINENCE
Presumed due to sphincteric incompetence

MIXED INCONTINENCE
Treat predominant symptom first

URGE INCONTINENCE
Presumed due to detrusor overactivity

TREATMENT

- Assess oestrogen status and treat as appropriate
- Lifestyle interventions
- Pelvic floor muscle training, bladder retraining

- Other physical therapies
- Devices

Dual serotonin and noradrenaline reuptake inhibitors*

Antimuscarinics

Failure

SPECIALIZED MANAGEMENT

* Subject to local regulatory approval.

This algorithm is intended to serve as a guide. Final diagnosis should always be made by the treating physician.

Reference:

1. Adapted from Abrams P, *et al*, eds. *Incontinence*. 3rd International Consultation on Incontinence: 2005.



IDENTIFYING WOMEN WITH URINARY INCONTINENCE SYMPTOMS

TWO QUESTIONS TO ASK¹:

During the last week, how many times did you accidentally leak urine onto your clothing, underwear, or pad...

- 1. SUI^{*}:** During an activity such as sneezing, coughing, laughing, lifting, or exercising?
- 2. UUI^{**}:** Accompanied or preceded by such a sudden, strong need to urinate that you could not reach the toilet in time?

Reference:

1. Bent AE, Gousse AE, Hendrix SL, *et al.* Validation of a 2-item Quantitative Questionnaire for the Triage of Women with Urinary Incontinence. *Obstet Gynecol* 2005 Oct;106(4):767-73

*SUI = stress urinary incontinence

**UUI = urge urinary incontinence