INITIAL MANAGEMENT OF URINARY INCONTINENCE IN WOMEN

**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

**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

**“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

**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:
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:

*SUI = stress urinary incontinence
**UUI = urge urinary incontinence