

Urinary incontinence

RFQs

- When do you wet yourself? (When you cough or sneeze for example, or when you can't get to the toilet quickly enough? Why does that happen?)
- Do you have any other water work symptoms? Blood? Pain or discomfort?
- Do you wet yourself without awareness that you are doing it? Can you feel the toilet tissue when you wipe yourself?
- I'd like to examine your tummy to check that you don't have a full bladder (after emptying). It would also help if we can arrange an examination with my nurse to check that you don't have too much of a bulge in your vagina.
- Could I have a urine sample from you to check for blood and infection please?

Provide

It doesn't sound as if you have a water infection, or anything worrying going on. (You were worried aboutbut I don't think that you have.....because.....)

You probably have a problem called stress incontinence. Perhaps you would be happy to do some pelvic floor exercises? It may take 3 or 4 months before you notice a decent improvement. I can give you details of a good youtube video, or a print out if your like? Or if you are needing extra help to get your pelvic floor muscles working I can refer you to a specialist physiotherapist.

You probably have an overactive bladder. Would you mind filling in this diary to record what you are drinking and how much urine you are passing? Might you be interested in us training your bladder to be less trigger happy, and/or using some medication that can make you bladder less trigger happy too? The medication can make you a little dry mouthed, constipated or even a little woozy, so we tend to keep the dose to a minimum (tolterodine 1-2mg bd).

I would recommend that we give you vaginal oestrogen. This is often very effective for stress incontinence, overactive bladder or recurrent water infections in women (50% improvement). Either you can pop in a vaginal pessary twice a week on a regular basis, or some women prefer to use a special pessary every 3 months (estring).

Safety net:

Do let me know if you are passing blood or if it is painful to pass urine or to have sex.

If you feel woozy with the medication, please sit down before you can faint, and stop the medication and let me know if this persists.

If you lose all control of your bladder or you can't feel the toilet tissue when you wipe, that could be a rare medical emergency, please see a doctor straight away.

If you are not noticing an improvement within 4 months then please let me know, we may need the help of the specialist bladder service.