



Our locations

Medanta - The Medicity:

Sector - 38, Gurgaon, Haryana - 122 001
Tel: +91 124 4141 414 Fax: +91 124 4834 111
info@medanta.org

Medanta - Indore:

Plot No. 8, PU4, Scheme No. 54, Vijaynagar Square,
AB Road, Indore, MP
Tel: +91 731 4747 000 Fax: +91 731 4747 001

Medanta - Mediclinic:

E - 18, Defence Colony, New Delhi - 110 024
Tel: +91 11 4411 4411 Fax: +91 11 2433 1433
mediclinic@medanta.org

Medanta - Mediclinic Cybercity:

UG Floor, Building 10C, DLF Cyber City, Phase II,
Gurgaon - 122 002 Tel: +91 124 4141 472
mediclinic.cybercity@medanta.org

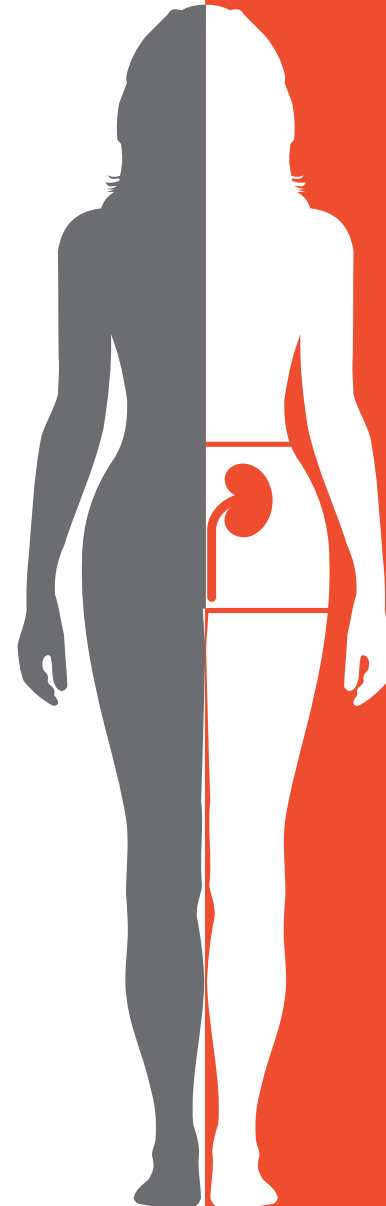
www.medanta.org

PATIENT INFORMATION

INCONTINENCE (FEMALE)



MEDANTA INSTITUTE OF
KIDNEY & UROLOGY



Introduction

Urinary incontinence (UI) is the uncontrolled loss of urine. It is a common condition in women of all ages. The two main types of urinary incontinence are:

- Stress incontinence, which can cause leakage when you cough, sneeze, exercise, laugh or strain to lift something heavy and sometimes even with walking or sudden change in position.
- Urge incontinence, which is an unexpected or sudden urge to urinate, which is so strong that it can prevent you from reaching the washroom.



Women experience incontinence twice as often as men. Pregnancy and childbirth, menopause and the structure of the female urinary tract account for this difference. Although older women are more likely to experience urine incontinence compared to younger women, it is not always necessary.

Causes and risk factors

Physical conditions that increase the risk for urinary incontinence include:

- Pregnancy/vaginal delivery
- Obesity or being overweight
- Habit of excessive fluid intake
- Chronic straining like asthma or constipation
- Pelvic surgery like removal of uterus
- Older age (Menopause)
- Bad bladder habits
- Genetically inherited factors

Signs & symptoms

The main symptom of urinary incontinence is problem controlling bladder movements.

Symptoms of stress incontinence

- Involuntary release of urine, especially when you cough, sneeze or laugh
- Leaking a small to moderate amount of urine

Symptoms of urge incontinence

- Frequent and sudden uncontrollable need to urinate
- May leak a moderate to large amount of urine, although a small amount is possible

It is common for a woman to have symptoms of both types of incontinence. This is called mixed incontinence.

Tests and diagnosis

To check for incontinence you may be asked to:

- Cough with comfortably full bladder
- Maintain a bladder diary
- Undergo urodynamic tests like:
 - Cystometry: It is a series of tests to measure bladder pressure at different levels
 - Postvoid residual (PVR) measurements: This measures the amount of urine that stays in your bladder after you urinate
- Ultrasound/dynamic MRI: These are used to examine changes in the position of the bladder and its pipe during urination, coughing or straining
- Undergo urinalysis and urine culture

Treatments

No single treatment works for everyone, but many women can find improvement without surgery. The best treatment depends on the cause of your incontinence and your personal preferences. Treatments include:

- Incontinence products
- Lifestyle changes
- Behavioural training, such as timed urination
- Medications to relax bladder muscles
- Surgery
- Pelvic floor muscle training

Prevention

You may reduce your chances for urinary incontinence by:

- Performing pelvic floor exercises to strengthen your pelvic muscles
- Maintaining a healthy weight
- Timely treatment of ailments like asthma, COPD and constipation etc.