

FAST FACTS: URINARY INCONTINENCE...



CROUSE
Pelvic Health Partnership

What it is

Urine leaks out before you can get to the bathroom.

Causes

There are many possible reasons why a woman might leak urine.

It can happen:

- after pregnancy or childbirth
- with increasing age
- after menopause, due to less estrogen
- after a hysterectomy
- when the muscles that help to hold or release urine are weakened
- when a urinary passage is blocked
- when the nerves that control the bladder are damaged
- with physical problems associated with aging

Symptoms

- Leakage of small amounts of urine during physical movement (coughing, sneezing, exercising)
- Leakage of large amounts of urine at unexpected times, including during sleep
- Urinary frequency and urgency
- Untimely urination because of physical disability, external obstacles, or problems in thinking or communicating that prevent a person from reaching a toilet
- Unexpected leakage of small amounts of urine because of a full bladder
- Leakage that occurs temporarily because of a situation that will pass (infection, taking a new medication, colds with coughing)

Tests

- Bladder stress test
- Urinalysis and urine culture
- Ultrasound — a test that creates a “picture” of the inside of your body
- Cystoscopy — the use of a scope to examine the bladder
- Urodynamics

Treatment

- Bladder retraining and Kegel exercises (squeezing your pelvic muscles as if you’re trying to stop the flow of urine)
- Biofeedback
- Medicine
- Neuromodulation
- Vaginal devices
- Injections
- Catheterization

