

Stress urinary incontinence: treatment options

Use this decision aid to help you and your healthcare professional talk about how best to treat your stress urinary incontinence. Stress incontinence is leakage of urine when you cough/ sneeze/ jump/ laugh or move.

If these aren't your symptoms – talk to your doctor about whether other treatments would be better for you.

Frequently asked questions	Conservative treatment/ no treatment	Mesh sling	Native tissue sling	Bulking agent	Colposuspension
What does this treatment involve?	Pelvic floor physiotherapy Weight loss	30 minute operation with placement of mesh	75 minute operation with patient's muscle used as sling	15 minute operation with injection of gel into lining of urethra	60-90 minute Abdominal/ laparoscopic sutures (stitches) to re-support the bladder outlet and suspend the vagina from ligaments on the public bone
What is the success rate?	Unknown	85-90%	85%-90%	50-60%	70%
How long does the treatment last?	Unknown	At least 15 years	At least 15 years	At least 2 years	At least 15 yrs
What is the recovery time? (time in hospital)	N/a	4 weeks (daystay surgery)	6 weeks (2-3 nights)	1-2 days (daystay)	6 weeks (2-3 nights)
What are the mesh related problems that can occur and	N/a	1% risk of not being able to urinate 2-5% risk of vaginal exposure	N/a	N/a	Permanent sutures can cause bone

Why might this treatment NOT be right for me ?	N/a	History of radiation, previous mesh problems, hx of chronic pelvic pain	History of underactive bladder	N/a	Extensive previous abdominal surgery
What else should I know?	N/a	Stress incontinence surgical procedures ARE NOT designed to help with urinary frequency, urgency (rushing to the toilet or flooding before you get there, not being able to hold on). Sometimes they help these symptoms and sometimes they make these symptoms worse			