

Urethral Bulking Agents

Women's Services Patient Information

You have been found to have stress incontinence. The condition is characterised by the leakage of urine when you cough, sneeze or undertake physical activity. It is usually caused by a weakness of the muscles around the urethra (the tube which urine passes through from the bladder).

This occurs most commonly following childbirth, although a chronic cough, being overweight and growing older can also contribute.

One of the ways stress incontinence can be treated is by Urethral Bulking Agents. These are injections into the tissue around the urethra to help support it. The procedure does not require any cuts as it is carried out using a telescope and camera, which is passed through the urethra. This is usually done under local anaesthesia where the area is numbed with local anaesthetic gel in the Women's Health Unit. It may also be done under general anaesthesia where you will be asleep in the operating theatre. Usually, you can go home a few hours after the procedure.

You may experience some mild discomfort after the operation and should take pain relief as needed.

You will be sent a telephone appointment for review about 3 months after the operation.

Complications

- Some women experience difficulty in passing urine immediately after the procedure and may require a catheter (a tube that is inserted into your bladder via your urethra) to empty the bladder.
- It is very unusual to have this problem for more than 24 hours.
- Rarely, a urine infection could occur, which can be treated easily with antibiotics.

Success rate

About 70% of patients will be satisfied with the result. Sometimes a repeat injection is advised within a few months to get a better result. Some patients who are helped may require repeat injections or 'top-ups' some years later.

Accessible Information

If you need this information in another format or language, please ask a member of staff.

Smoking

Bradford Teaching Hospitals NHS Foundation Trust is a smoke-free organisation. You are not permitted to smoke or use e-cigarettes in any of the hospital buildings or grounds.