

Urinary Incontinence: SUI and OAB

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Definition

Stress Urinary Incontinence

Involuntary loss of urine on effort or physical exertion

Overactive Bladder

Urinary urgency, often accompanied by frequency and nocturia, with or without incontinence

Evaluation

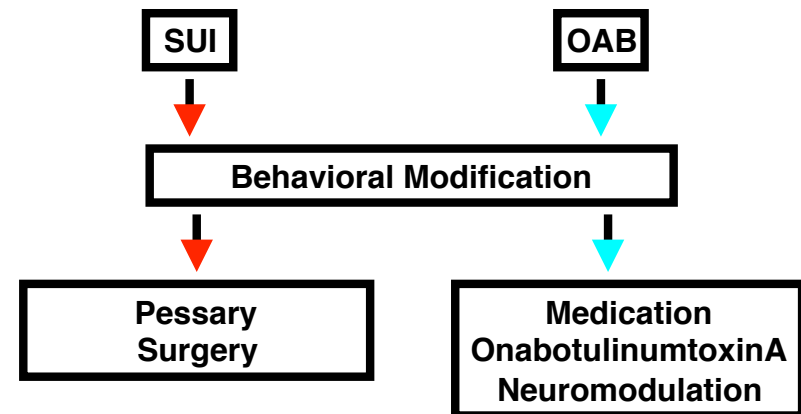
History

Physical

Cough stress test

Laboratory tests - UA, UCx, PVR

Treatment



Behavioral Modification

Bladder Training

Kegels

Weight Loss

Fluid Management

Anticholinergic Medication

Oxybutynin /Ditropan XL 5mg, 10 mg, 15 mg
(Max 30 mg / day)

Trospium /Sanctuary 20 mg QD, 20 mg BID

Trospium/Sanctura ER 60 mg QD

Side effects: Dry mouth, constipation

Contraindication: gastroparesis, retention,
narrow angle glaucoma, myasthenia gravis

Pregnancy and Incontinence

Urinary incontinence is common during pregnancy

Severity declines after the first year of birth

No harm in kegels during pregnancy, but no information on immediate postpartum period

Oxybutynin - Category B

Surgery (sling) usually deferred until finished with childbearing