

Patient information

Peri-urethral injections to treat incontinence

Patient Advice and Liaison Service

If you need general information or advice about Trust services, please contact the Patient Advice and Liaison Service (PALS) on 020 3594 2040 or visit www.bartshealth.nhs.uk/pals. Alternatively please contact staff who are providing your care if you require clinical advice.

Large print and other languages

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For help interpreting this leaflet in other languages, please ring 020 8223 8934.

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All our patient information leaflets are reviewed every three years.



Introduction

This leaflet is designed to explain peri-urethral injections, a small operation performed to treat women with stress incontinence (where urine is leaked following any straining/effort). The operation involves placing a material into the tissues around the bladder neck to cause them to fill out.

How are the peri-urethral injections performed?

The procedure involves either passing a small telescopic instrument (a cystoscope) into the urethra (the channel that runs from your bladder to the outside of your body) or using a small device that is inserted just into the urethra. A thin needle is inserted through this towards the bladder neck.

Once it is in the correct position, the material is injected slowly until the surgeon thinks there is enough bulking of the urethral tissue to cure or improve the incontinence. The whole procedure takes about 20 minutes.

What type of material is used for the injections?

The surgeon has the choice of a number of different materials. The most common one is called the macroplastique.

Will I be awake during the injections?

You will be put to sleep for the operation using a general anaesthetic.

Can I go home on the same day as the treatment?

Yes. You will stay in hospital until you pass urine normally, but this usually happens after a few hours. If you cannot urinate, a catheter (thin, soft rubber tube) will be placed into your bladder to help you. This procedure will be repeated until you pass urine normally.

What are the success rates with the injections?

- Fifty per cent of women will no longer have leakages
- Eighty per cent of women experience significant improvement two years after treatment.

Are there any risks involved in the treatment?

In the first 24 hours, you may experience some pain when you urinate and your urine may also be reddish in color. One in 10 women will experience the feeling of urgency to pass urine for approximately 24 hours.

A small amount (about 6-%) of women have difficulty passing water but a catheter can be used to help empty the bladder for a short time-one or two weeks.

Will I have more than one treatment?

About half of our patients require a repeat injection. The time between treatments is about four to six months.

When can I return to normal activities?

You should be able to perform your normal activities usually within one or two days.

Further information

If you have further questions or concerns about your operation, please contact:

Gynaecology Outpatients Department,
The Royal London Hospital

Tel: 0203 594 1585 (between 9am and 5 pm during weekdays)