

Käypä hoito



Urinary incontinence (female)

Current Care Summary

16.12.2011

Working group appointed by the Finnish Medical Society Duodecim and the Finnish Gynaecological Association

Female urinary incontinence (UI) is divided into stress (SUI), urgency (UII), mixed (MUI) and overflow incontinence (chronic retention). Advancing age, obesity and pregnancy are the most important risk factors. Standardised questionnaires are used in diagnosis. The pad test, cough stress test and bladder diary are objective tools. A gynaecological examination includes pelvic floor muscle palpation and residual urine measurement. Urodynamics, cystoscopy and ultrasonography are complementary tools. Guided pelvic floor-muscle training is the first-line therapy. UII can be treated with anticholinergic medicines. If conservative treatments are ineffective, SUI and MUI can be treated surgically with mid-urethral slings (TVT, TOT and TVT-o).

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