

## Referral Support Service

## Urology

### UR11

### Female Urinary Incontinence Service

York Hospital runs two linked services for management of female urinary incontinence. Cases are reviewed for management at combined MDTs.

#### Urology:

- Urge Incontinence pathway; with flexible cystoscopy and intra-vesical Botox for failed medical therapy. This is done under LA. Pre- and post-operative support is offered by a Urology Specialist Nurse.
- Stress Incontinence; surgical options and post-op support.
- Offers a One-stop clinic for assessment of other Urinary Symptoms eg. Painful micturition.

#### Uro-gynaecology:

- Offers the above services, but surgical interventions are performed under GA.
- Incontinence in combination with significant prolapse should be referred to this service.
- Offers uro-dynamics and diagnostic testing for other urinary symptoms.

### Management

For Stress Incontinence:

- A 3-month course of pelvic floor exercise under the supervision of either a physiotherapist or continence advisor.
- Review at the end of the course. If there is no improvement then refer with bladder diary

For Overactive Bladder and Urge Incontinence

- See the [overactive bladder pathway](#)
- Referral to the Urinary Incontinence Service, Urology Department, York Teaching Hospital [click here](#)

#### Information to include in referral letter

- Clear indication for referral: stress, urgency or mixed incontinence or other.
- Details of therapies to date
- [3 day bladder diary](#)
- Past medical/ surgical history
- Drug history
- Detail of therapy tried as per local Vale of York guideline
- Smoking cessation

## **Information for Patients**

NHS leaflets on [Urinary Incontinence](#)

- a. [Overview](#)
- b. [Symptoms](#)
- c. [Causes](#)
- d. [Diagnosis](#)
- e. [Non-surgical treatment](#)
- f. [Surgery and procedures](#)
- g. [Incontinence products](#)
- h. [10 ways to stop leaks](#)

## **References**

[York Urology Continence Service](#)

Responsible Consultant: Mr Mustafa Hilmy  
Responsible GP: Dr Vic Jankee  
No drugs in the guidance

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