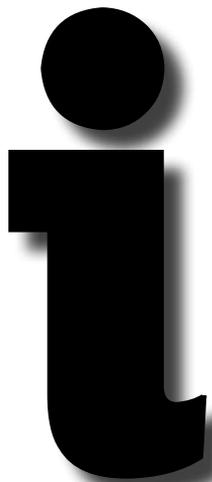


## Urethral Bulking



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: [customer care@salisbury.nhs.uk](mailto:customer care@salisbury.nhs.uk)

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: [patient.information@salisbury.nhs.uk](mailto:patient.information@salisbury.nhs.uk) if you would like a reference list.

Urethral bulking is a treatment for mild stress and urge incontinence. You will have seen the consultant urologist who will have discussed treatment options with you and had some tests to confirm the diagnosis.

Urethral bulking involves injecting a material around the urethra to bulk up the wall of the urethra so that it seals tightly. This helps to prevent leaking of urine as the bladder fills or when you cough or sneeze.

The procedure is performed under a general anaesthetic lasting about 30 minutes. It involves using a cystoscope which is like a telescope inserted into the urethra to correctly position where the bulking agent should be injected. It is done as a day case so you should be able to go home the same day. The success rate varies depending on how severe the incontinence is but on average 2 out of 3 patients have an effective outcome.

### What are the advantages of this procedure?

It is a minimally invasive procedure compared to other incontinence surgical options. The recovery period is relatively short so you only need a few days off work. The procedure can be repeated if needed.

### What are the complications?

1. Pain or discomfort on passing urine for a short time after the surgery.
2. As with all surgery there is a risk of infection, in particular a urine infection. The symptoms of a urine infections are: generally feeling unwell, pain or burning sensation when passing urine, cloudy offensive smelling urine, the need to go to the toilet more often and back pain. If you suspect an infection please see your GP and take a sample of urine along with you.
3. Short term bleeding from the site of surgery or blood in the urine.
4. Urine retention requiring a catheter to be inserted to drain the bladder. You may need to learn how to do self-catheterisation.
5. Very rarely the bulking agent causes an allergic reaction and needs to be removed.

It is important to remember that this surgery may not cure your incontinence and other options may need to be considered.