

Urge Urinary Incontinence

Leakage with a feeling of urgency, cannot make it to the bathroom.

Mainly an issue of the muscle and nerves of the bladder.

Treatment options:

First Line: Behavior Modification

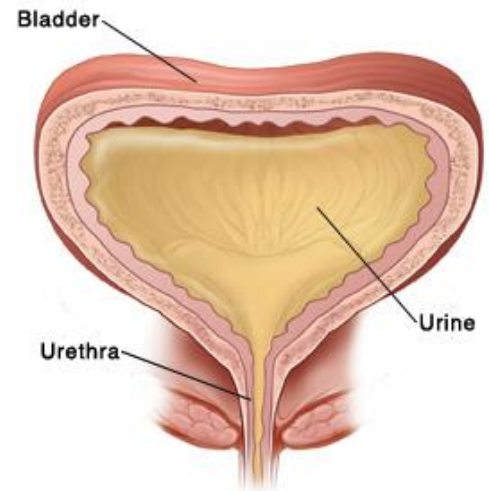
- Limit bladder irritants
(caffeine, citrus acid, spicy foods and alcohol)
- Urge suppression/bladder training
- Pelvic floor physical therapy

Second Line: Medications

- Ditropran, Detrol, Myrbetriq etc.

Third Line:

- Bladder botox injections
- Neuromodulation (Interstim)
- Posterior tibial nerve stimulation (PTNS)



Stress Urinary Incontinence

Leakage with coughing, sneezing, laughing.

Mainly a problem with the pelvic floor and/or sphincter.

Treatment options:

First line:

- Observation
- Pelvic floor physical therapy
- Knob pessary

No medications

Surgical options:

- Urethral bulking
- Urethral sling surgery