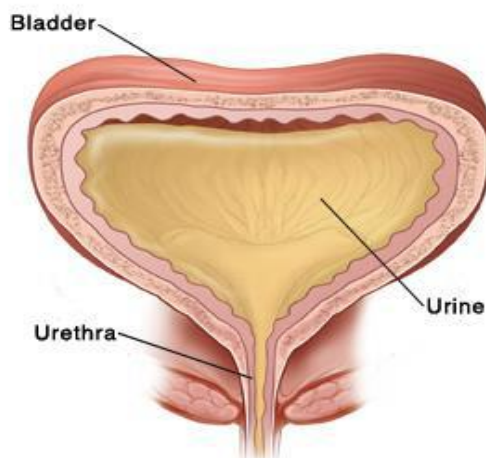


## Female Urinary Incontinence

### 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



# Female Urinary Incontinence

Revised: 09/04/2025

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