

Patient Information: Female Urinary Incontinence

Female urinary incontinence is a common bladder disorder. There are three main types:

- Physical stress incontinence (leakage on coughing, walking, running and other forms of exercise)
- Urge incontinence (frequency, urgency and urge incontinence)
- Mixed incontinence (combined physical stress incontinence and urge incontinence)

Urinary incontinence may interfere with a woman's lifestyle (occupation, recreation, sexual function and self-image).

Women with urinary incontinence should initially attend their general practitioner for assessment and treatment.

Treatments include

- Lifestyle modification
 - Reduce excessive fluid intake
 - Reduce excessive caffeine intake
 - Cessation of smoking
 - Weight loss if overweight (in preparation for surgery)
- Physiotherapy
- Medications (mainly for urge incontinence)
- Surgery (mainly for physical incontinence)

Website version 1 – July 2011 (CF)