

Types of Incontinence

Mixed Urinary Incontinence

What is it?

Mixed incontinence is very common and occurs when symptoms of both stress and urgency are present. See Stress Urinary Incontinence and Urge Urinary Incontinence.

Symptoms

See Stress Urinary Incontinence and Urge Urinary Incontinence.

Symptoms of one type of incontinence may be more severe than the other.

What treatment is available?

- The treatment for this condition relies on accurate and comprehensive assessment
- Give advice regarding a healthy diet to avoid and alleviate constipation
- Give advice about the importance of establishing a regular bowel routine.
- Gradually reducing caffeine intake (if caffeine is withdrawn too quickly it can lead to caffeine withdrawal headaches).
- Teaching the individual the double-voiding technique (see advice sheet: Successful Bladder Emptying) might also help to alleviate symptoms.
- Bladder training with a scheduled voiding programme may alleviate symptoms
- Sometimes oestrogen deficiency can cause this symptom and it can respond to vulval oestrogen cream/gel.
- Anti-muscurinic medication may ease symptoms, but may cause side effects like a dry mouth and constipation.
- Tibial nerve stimulation (talk to SPHERE about this option)
- Regular, correctly performed pelvic floor exercises will help to alleviate this symptom.
- A specialist physiotherapist or nurse can assess and grade pelvic floor muscle tone and check that pelvic floor muscle exercises are being correctly performed. Following this assessment an individualized treatment and exercise plan will be put in place for 3-6 months.
- If appropriate, weight reduction can have a significant impact on pelvic floor function.
- If you suspect symptoms may be caused by a urinary tract infection, check vulval hygiene in women – is the patient/client wiping from front to back? Is the individual dehydrated?

See Advice Leaflets: -

- Pelvic Floor Muscle Exercises
- Impact of Fluids on the Bladder
- Successful Bladder Emptying

- Constipation and Laxatives
- Voiding Programmes
- Oestrogen Deficiency
- Antimuscurinic Medication
- Tibial Nerve Stimulation
- Skin Care
- Preventing Urinary Tract Infections

See also: -

NICE Clinical Guidance - Urinary Incontinence in Women: Management

<https://www.nice.org.uk/guidance/cg171>

NICE Clinical Guidance – Lower Urinary Tract Symptoms in Men: Management

<https://www.nice.org.uk/guidance/cg97>

NICE Clinical Guidance – Percutaneous Posterior Tibial Nerve Stimulation for Overactive Bladder Syndrome

<https://www.nice.org.uk/guidance/ipg362>

NICE Clinical Guidance – Sacral Nerve Stimulation for Incontinence and Urgency/Frequency

<https://www.nice.org.uk/guidance/ipg64>