

## *Types of Incontinence*

# Urge Urinary Incontinence

### What is it?

The bladder muscle contracts with enough force to over ride the sphincter muscles that keep the bladder closed, causing some urine to leak.

### Symptoms

It is characterised by a sudden urge to void along with little control of the bladder. Urge incontinence also may be a symptom of a urinary infection in the bladder or kidneys, or may result from injury, illness or surgery.

The person feels a sudden and very intense need to pass urine and is unable to delay going to the toilet. There is often only a few seconds between the need to urinate and the release of urine. The need to pass urine may be triggered by a sudden change of position, or even by the sound of running water.

### 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- Gradually reducing caffeine intake and double voiding can ease symptoms (if caffeine is withdrawn too quickly it can lead to caffeine withdrawal headaches).
- 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)

### See Advice Leaflets: -

- Continence and Laxatives
- Impact of Fluids on the Bladder
- Successful Bladder Emptying
- Voiding Programmes
- Oestrogen Deficiency
- Antimuscurinic Medication
- Tibial Nerve Stimulation

### 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>