Clinical Assessment by GP or Local Continence Team

Incontinence on Physical Activity
Incontinence with Mixed Symptoms
Incontinence with Urgency/Frequency

Complex History
For Example:
- Recurrent Incontinence
- Incontinence associated with
  - Pain
  - Haematuria
  - Recurrent Infection
  - Voiding Symptoms
  - Pelvic Irradiation
  - Radical Pelvic Surgery
  - Suspected Fistula

Refer to Urology

General assessment
Urinary Diary & Symptom Score
Assess quality of life and desire for treatment
Physical Examination:
- abdominal
- pelvic
- sacral neurological
- oestrogen status
Urinalysis +/- urine culture (if infected = treat & reassess)
Assess PVR: physical exam / ultrasound

Stress Incontinence
Mixed Incontinence
Urge Incontinence

Pelvic Floor Muscle Training
Lifestyle Interventions
Pelvic Floor Muscle Training
Bladder Retraining

Antimuscarinics

Significant PVR
Significant pelvic organ prolapse

Refer to Urology or Urogynaecology

Treatment Failure

Refer to Urology or Urogynaecology