

THE USE OF DEFLUX® TO TREAT STRESS URINARY INCONTINENCE: 3 YEAR RESULTS.

Hypothesis / aims of study

Over the last fifteen years Deflux® (hyaluronic acid and dextranomer) has most commonly been used for paediatric vesicoureteric reflux, it is regarded as safe, long lasting and effective. In adult females injectable treatment of stress incontinence continues to be discussed amongst specialists. The ideal material is as yet to be discovered. There is no current literature with regards to the use of Deflux® in the treatment of stress urinary incontinence (SUI). We have been using Deflux® in this group of patients for the last three years. The aim of this study is to evaluate the effectiveness of Deflux® in adult females with SUI.

Study design, materials and methods

In this retrospective audit, 100 patients received 1-3mls of sub-urethral Deflux® in a 3 year study period. The degree of incontinence was determined according to pad requirements: mild (0-2 pads per day), moderate (3-4 pads per day) and severe (greater than 5 pads per day). Functional outcome was assessed by comparing pre and postoperative pad usage. Quality of life was evaluated using the ICIQ-UI, global response assessment, and IPSS bother questionnaires. Complications were classified according to the 'Clavien-Dindo' grading system.

Results

Group (pre-op pad usage)	Number of patients	Cured (%)	Improved (%)	No Change (%)	Worse (%)
Mild (0-2)	9	78	11	11	0
Moderate (3-4)	55	62	15	24	0
Severe (>5)	36	50	22	25	3

Of those not satisfied with their degree of postoperative continence, 15 proceeded to more major surgery. Their surgery was not compromised by their previous Deflux® injections.

Interpretation of results

Overall, 59% were dry and further 17% demonstrated improvement in their symptoms. This study, with short term follow-up, shows that the cure rate is excellent for the mild and moderate incontinent groups and satisfactory for the severely incontinent. Quality of life assessment demonstrated a significant improvement in functional outcome. Most patients described their final result as markedly improved. There were no complications above Clavien 2 level.

Concluding messages

- Deflux® is a safe, simple and effective treatment for SUI
- Treatment that can be carried out as a day case procedure.
- Treatment does not prevent or complicate further more major surgery.
- It is the opinion of the authors this should be the first line operative treatment for mild SUI.

Specify source of funding or grant

Nil

Is this a clinical trial?

No

What were the subjects in the study?

NONE