

**ICS 2026 • ABSTRACT
#498**

**Unspoken After
Childbirth: A
Structured
Postpartum
Awareness Initiative
to Improve Early
Detection and
Management of
Urinary Incontinence**

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**27% HAD UI • 62% STRESS
UI**

**Pelvic-floor awareness:
22% → 71%**

URINARY INCONTINENCE AWARENESS • ICS 2026 MAASTRICHT

BACKGROUND

Postpartum urinary incontinence (UI) is common but frequently normalized or left unreported. Women may delay consultation because of embarrassment, competing newborn-care priorities and limited awareness of pelvic-floor rehabilitation and treatment options.

METHODS

A prospective 6-month interventional study was conducted across four obstetric-urology centres. The pathway included antenatal/postnatal counselling, discharge education, multilingual leaflets and videos, 6-week symptom screening and early urology referral. Outcomes were compared with a retrospective pre-intervention period.

CONCLUSION

Integrating continence education and screening into routine postpartum care substantially improves awareness, disclosure and treatment initiation. A simple obstetric-urology pathway can identify women earlier and normalize timely help-seeking.

OBJECTIVE

To evaluate a structured postpartum awareness pathway designed to improve recognition, early reporting and initiation of treatment for urinary incontinence after childbirth.

RESULTS

Among 936 postpartum women screened, UI was identified in 27% (n=253); stress UI accounted for 62% of cases. Early reporting increased by 58%, continence-related consultations rose 2.1-fold, pelvic-floor awareness increased from 22% to 71%, and treatment initiation increased by 46%. Embarrassment as a barrier to disclosure decreased after structured counselling.

KEYWORDS Postpartum • Urinary incontinence • Stress incontinence • Pelvic floor • Awareness • Early detection

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