

IS THERE ANY DIFFERENCE BETWEEN URINARY INCONTINENCE IN FIRST AND THIRD TRIMESTER OF PREGNANCY?

Hypothesis / aims of study

Urinary incontinence (UI) and genital prolapse increase with age but is also present in young people and can affect quality of life of the affected women.

There are poor data about frequency and severity of UI during pregnancy and if there are differences by trimester of pregnancy. The aim of this study is to determine the incidence and severity of urinary incontinence and to see if there are any differences between first and third trimester of pregnancy.

Study design, materials and methods

A prospective cohort study was conducted. All patients attending our hospital for obstetric ultrasound examination during the first trimester (group 1 = less than 13 weeks of pregnancy) and third trimester (group 2= up to 28 weeks of pregnancy) were eligible for inclusion. All participating women completed self-reported questionnaires: ICIQ-SF, PFDI-20 (UDI-6, CRADI-8, POPDI-6) and SF-36. The variables studied were biodemographic data and results from questionnaire responses.

Results

From March 2012 to May 2012, 224 consecutive pregnant women were included in this study: group 1 (n=58) and group 2 (n=166).

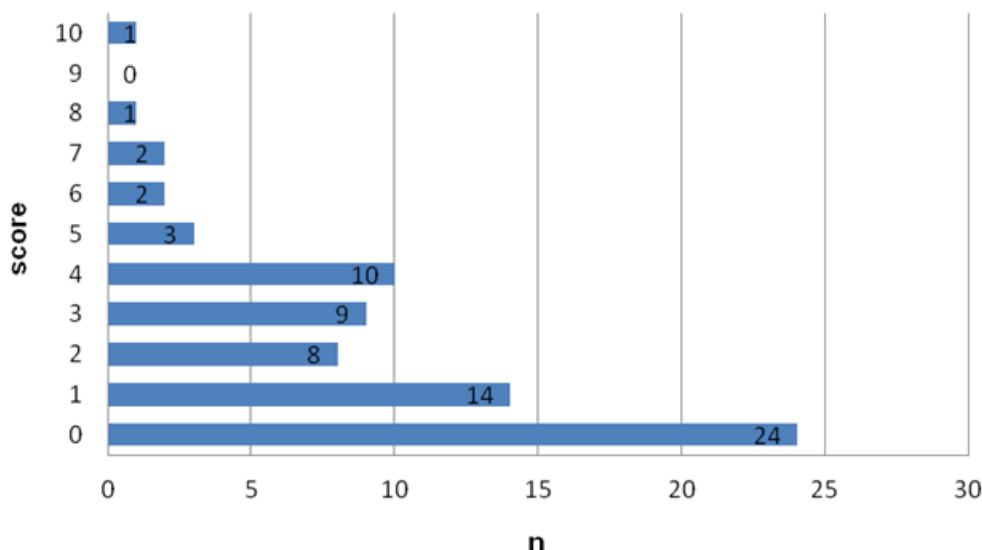
The incidence of urinary incontinence during pregnancy is different in first and third trimester: **18.64%** (11 of 58) and **37.95%** (63 of 166) (p=0.008).

100% and 84.12% of women with UI in first trimester and third trimester respectively leak a small amount of urine. In 15.87% of group 2 the leakage was a moderate amount of urine.

Participants mainly presented Stress UI (78.37%) and urge was only present in 12.16% of them.

	Continent	Incontinent	p
Age	30,88	30,70	,824
BMI	26,0373345	27,4815362	,057
Parity	,48	,58	,275
ICIQ-SF Score	,07	6,70	,000
UDI-6 Score	10,26286	30,65068	,000
SF-36			
Physical Function	71,1242	66,4506	,136
Role Physical	65,4343	53,2609	,003
Bodily Pain	65,2877	52,5972	,000
General Health	77,5439	73,4583	,069
Vitality	50,6094	46,8750	,158
Social Function	82,9082	75,1736	,022
Role Emotional	89,5688	84,0962	,094
Mental Health	75,3968	69,2361	,019

QoL: effect on daily life



Incontinent women	1st trimester	3rd trimester	p
Age	28,73	31,05	,257
BMI	24,9123827	28,0582849	,036
Parity	,55	,59	,819
ICIQ-SF Score	6,09	6,81	,523
UDI-6 Score	21,96970	32,19086	,126
SF-36			
Physical Function	83,8889	63,3060	,003
Role Physical	60,4167	52,1875	,474
Bodily Pain	74,0909	48,7213	,000
General Health	70,1818	74,0492	,458
Vitality	55,1136	45,3893	,198
Social Function	72,7273	75,6148	,687
Role Emotional	81,6667	84,4945	,771
Mental Health	62,7273	70,4098	,313

Interpretation of results

Urinary incontinence is common during pregnancy and it is more frequent during third trimester.

Pregnant women who have UI, mainly present Stress UI and the effect on daily life is not important, only 12% has a score in quality of life question from ICIQ-SF higher than 5.

UDI-6 and ICIQ-SF scores are higher (30.65 vs. 10.26) and (6.7 vs. 0.07) in incontinent pregnant women (p=0)

If we compare incontinent women from 1st and 3rd trimester we cannot find any statistically significant differences except in BMI value and Physical Function and Bodily Pain values from SF-36

Concluding message

Urinary incontinence is common during pregnancy and it is more frequent during third trimester.

SUI is the most prevalent type of urinary incontinence during pregnancy and it is a slight-moderate leakage that not interferes severely with their everyday life.

Disclosures

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