

TOT 8/4 – A WAY TO STANDARDIZE THE PROCEDURE

Hypothesis / aims of study

The treatment of stress urinary incontinence usually consists in the placement of a alloplastic tape beneath the urethra. The placement of the tapes either as TVT or TOT is described as “tension-free”. However, if patients remain incontinent after these procedures a comparison is difficult because nobody defined what “tension-free” means in scientific terms.

We therefore standardize the placement of the TOT. We considered the diameter of the urethra as 8 mm and the recommendation “a scissor between the urethra and the tape” as 4 mm.

Study design, materials and methods

Patients suffering from stress urinary incontinence received in our institution a TOT in the outside-in technique.

We decided to place a HEGAR 8 in the urethra and two HEGAR 4 between the urethra and the tape Dynamesh SIS, FEG, Aachen, Gernaby). Thereafter the tapes were pulled by the assistance or the primary surgeon until it could not be moved further.

Results

In 36 women a TOT 8/4 was placed. In 18 patients the surgeon pulled the tapes tight - in the remaining patients the assistance. All patients were cured of their stress symptoms after surgery. The distance between the TOT tape and the outer border of the urethra was always 4 mm.

Interpretation of results

The TOT 8/4 technique is a simple standardization of the established procedure. It leads to identical results in all patients. It can easily be learned by surgeons who start that kind of surgery.

Concluding message

Urogynecological surgery is suffering from the missing standardization of the surgical procedures. The simple TOT 8/4 technique makes it possible to compare the results of different treatment centres. Thereby it should be possible to evaluate treatment failures and improve our knowledge about female incontinence.

Disclosures

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