Are pre-operative urodynamic studies (UDS) useful for patients awaiting pelvic organ prolapse (POP) surgery?

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Introduction
The coexistence of POP and stress urinary incontinence (SUI) has been well documented in numerous studies2-4. The concurrence rate of these two conditions is over 60%3 and over a third of patients who need surgery for either condition require concomitant surgery3. A urodynamic study (UDS) is performed in patients with POP to ascertain the underlying pathophysiology of urinary incontinence to allow for an appropriate management plan to be devised5. The aim of this audit was to identify how pre-operative UDS influences the decision for concomitant continence procedure for women who have POP surgery.

Methodology
This was a retrospective study of patients who had POP surgery and underwent preoperative urodynamics. Patients with symptomatic POP (requiring surgery) who also had stress urinary incontinence (SUI) were referred for UDS to determine whether a concomitant continence procedure would be appropriate at the time of the POP surgery.

Results
33 of the 48 patients (69%) had only a POP repair done despite the fact that 9 of these patients were found to have USI on UDS (Fig. 1). Of the 48 patients who underwent pre-operative UDS, only 6 (12%) went on to have a concomitant procedure (Fig. 2).

Conclusion
Only 12% of women with combined prolapse symptom requiring surgery and stress urinary incontinence had concomitant procedures. Women awaiting prolapse surgery who are symptomatic of stress urinary incontinence should be fully counselled regarding the potential of a concomitant continence procedure prior to referral for urodynamics.

References