

THE INCIDENCE AND MANAGEMENT OF STRESS URINARY INCONTINENCE IN FEMALES WITH URETHRAL DIVERTICULUM

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Introduction

- Urethral Diverticula in women are associated with urodynamic stress urinary incontinence (USUI) both pre-existing and new onset following excision of the diverticulum.
- As the incidence of urethral diverticula is rare there is a paucity of data in the literature on the management of USUI in this condition.
- Our series evaluates the incidence and management of USUI in our series of patients undergoing excision of urethral diverticulum.

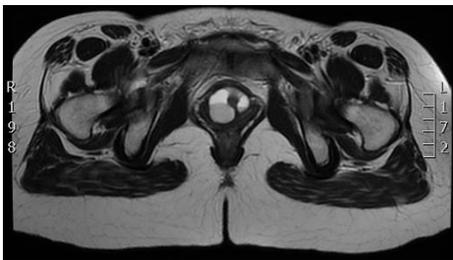


Figure 1: MRI showing a horseshoe urethral diverticulum

Materials and methods

- Prospective database kept from May 2007 – Aug 2016 at a single centre.
- 100 patients underwent transvaginal excision of urethral diverticulum in this time period with utilisation of martius fat pad interposition at closure.
- All patients had pre-operative MRI and video urodynamics (VUDS)
- Any patient with persistent or new onset USUI underwent VUDS 6 months post-operatively.

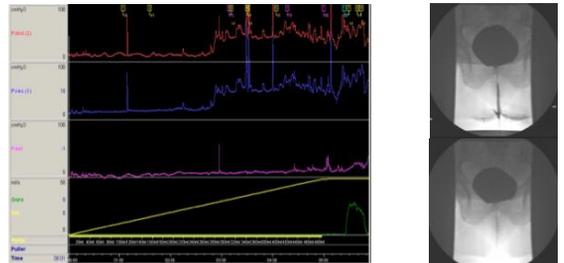


Figure 2: Video Urodynamic trace showing Type 3 USUI

Results

- 25 patients had pre-existing USUI prior to surgery.
- 10 patients with pre-existing USUI had resolution of symptoms after excision of urethral diverticulum
- 25% (n=25) of patients had either persistent pre-existing or new-onset USUI after excision of urethral diverticulum
- Results of the management of post-operative USUI is outlined below (Figure 3) :

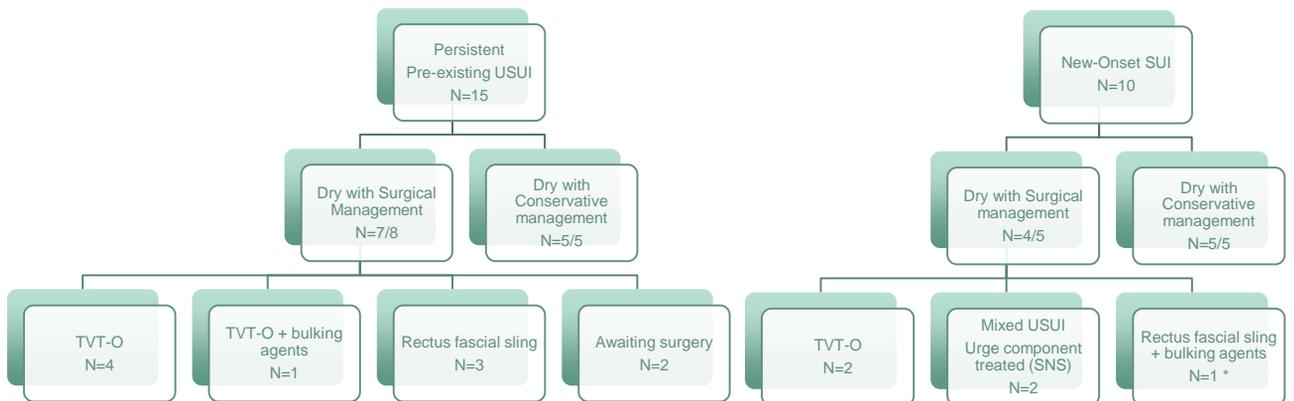


Figure 3: Outcomes of patients with post-operative USUI after excision of urethral diverticulum

*USUI developed after secondary procedure for post-op urethral stricture

Conclusion

- 40% of patients with pre-existing USUI will have resolution of symptoms after excision of the diverticulum alone
- 25% of patients will have USUI post-excision of urethral diverticulum:
 - 10% will have new onset USUI
 - 15% will have persistence of pre-existing USUI
- Post-operative USUI requires surgery in 56 % of cases.
- Both conservative and surgical measures are feasible in this group with successful outcomes.