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# URINARY INCONTINENCE, ANAL INCONTINENCE AND CONSTIPATION DURING PREGNANCY. OBSERVATIONAL AND DESCRIPTIVE STUDY

## Introduction:

Pelvic floor dysfunction such as urinary incontinence <sup>(1)</sup>, anal incontinence <sup>(2)</sup> and constipation has not been studied yet during pregnancy in our country. In the literature, the urinary incontinence has been estimated between 20 – 60% during pregnancy. It is common that Obstetricians consider these symptoms as normal during pregnancy, while it is not. The principal causes are associated to pregnancy changes such as the presence of relaxin and progesterone, uterus growth, increase in weight, changes in abdominal pelvic anatomy, etc. <sup>(3)</sup>

## Hypothesis / aims of study

The goal of this study was to determine the prevalence of urinary incontinence, anal incontinence and constipation during pregnancy. Also, we studied the risk factors that could influence in these conditions.

## Study design, materials and methods

This was an observational and descriptive study of pregnant women.

95 women during the third trimester of pregnancy were included in this study. They were enrolled between March 2014 and December 2015 in a consecutive non-probabilistic way. Each woman completed a self-administered questionnaire and gave written consent to participate. The Ethics and Research Committee approved the study.

## Statistical Analysis:

The data analysis was made with Fisher's Exact Tests or Chi-square for categorical variables. A *p-value* < 0.05 was considered statistically significant.

## Results

46 (48,42%) pregnant women had some kind of urinary incontinence; 27 (28,4%) women had faecal incontinence; and 19 (20,0%) of them presented constipation. There was no significant difference between age, body mass index, parity, type of delivery or pelvic floor exercises during pregnancy in the pelvic floor dysfunctions studied.

## Interpretation of results

The pelvic floor dysfunctions may occur during pregnancy and they are very prevalent. Urinary incontinence is the most frequent. It seems important to teach Obstetrics teams about these pathologies, and develop intervention strategies to prevent them during pregnancy so as to produce a positive impact in women's health.

The risk factors did not influence in presence of pelvic floor dysfunctions. However, we think that sample size was too small.

## Concluding message

Our study can conclude that urinary incontinence is the most frequent dysfunction of pelvic floor, and the risk factor like: age, body mass index, parity, type of delivery or pelvic floor exercises during pregnancy were not statistically significant in the presence of pelvic floor dysfunction.

## References

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## Disclosures

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