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Video Demonstration

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Abstract Reproduction Form B-1

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Title (type in CAPITAL LETTERS): CONTIRING: ASSESSMENT OF A NEW PESSARY FOR THE CONSERVATIVE MANAGEMENT OF GENUINE STRESS INCONTINENCE

Introduction: There are a number of intravaginal pessaries on the market which can be used with varying degrees of success to manage urethral sphincter incompetence conservatively. These may have drawbacks such as fitting difficulty and the inability of the patient to retain the device.

The Contiring intravaginal pessary is a new product which can be used in the management of urethral sphincter incompetence. Made of plastic, it is air-filled and can be inserted/removed by the patient.

Aims of study: The aim of the study was to test the efficacy and patient acceptability of the Contiring pessary.

Methods: Thirteen patients were enrolled in this pilot study. They were urodynamically diagnosed to have urethral sphincter incompetence with or without sensory urgency.

Exclusion criteria included significant prolapse, previous hysterectomy and previous surgery for urinary incontinence.

The initial investigation included history, as well as physical and gynaecological examination, completion of a voiding diary, urine culture, pad testing, and urodynamics before and after pessary insertion.

The patients wore the ring pessary for one month, and were seen on three further visits during the trial. Efficacy was measured by pad testing and abdominal leak point pressure recording. Urine culture, a high vaginal swab culture and a speculum examination for vaginal wall excoriation were done at conclusion of the trial. Patient acceptability was measured using a discomfort scale as well as subjective analysis. Quality of life questionnaires were completed before and after the trial.

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Results: Mean age of the study patients was 48 (32-73) with parity ranging from one to four.

Of the thirteen patients entered, three elected to leave the trial before its conclusion.

1. *Efficacy*: Of the remaining patients, subjective analysis showed five to be dry and five improved. Objectively, on pad testing, one was completely dry, seven were improved and one was worse. One patient was menstruating and the pad test was not done. Abdominal leak point pressures showed wide variability.

   Nine patients reported vaginal discharge during the trial, one had asymptomatic bacteriuria at the end of the trial and only one reported minimal voiding dysfunction. There were no cases of vaginal wall excoriation.

2. *Patient acceptability*: Only two patients out of the original thirteen had trouble fitting the pessary. Ten out of thirteen patients reported minimal or no discomfort. One reported moderate discomfort, one reported severe discomfort and one was uncertain. Quality of life scoring also showed improvement in most patients.

Conclusions: The Contiring vaginal pessary was found to be largely acceptable to patients, producing an improvement in incontinence in the majority, with significant change in quality of life.

Intended future improvements to the pessary include the ability to inflate it to a variable degree, which could lead to an even better success rate.

This new device seems to be a useful adjunct in the management of urethral sphincter incompetence.

Addendum: This trial was sponsored by Calmia Medical, Toronto, Canada.