

NASHA/DX GEL (ZUIDEX) FOR THE TREATMENT OF MIXED URINARY INCONTINENCE

Hypothesis / aims of study

There are several procedures for managing female patients with stress urinary Incontinence, one of them urethral bulking agents. NASHA/DX gel, non-animal stabilised hyaluronic acid/dextranomer can be injected by 4 pre-filled syringes through imp lacer device, Zuidex, under local anaesthetic. Urethral bulking agents are not seen as cost effective treatment because of the need for repeat injections Patients are commenced on anticholinergic products to control the overactive element of mixed incontinence.

Study design, materials and methods

Patients older than 25 years or older presenting with symptoms of mixed urinary incontinence were investigated in a one stop urogynaecology clinic. All patients had intensive course of pelvic floor exercises by a dedicated physiotherapist with no improvement. Investigations included a midstream urine sample, ICS one hour pad test, cystometry and three days fluid chart. SUI confirmed by provocative testing. Overactive bladder confirmed by a multi-channel pressure studies. Severity of symptoms were assessed with patient's global impression and VAS. As soon as diagnosis is established patients were commenced on an anticholinergic product and operation time is allocated.

Efficacy was evaluated by examinations patients at one week with provocative testing with full bladder and post maturation scan, global impression. At 6 months one year ICS one hour pad was performed.

Results

A total of 30 patients received Zuidex and anticholinergic drugs. The average age was 50.8 years old range 34 to 80 years. The average body mass index was 28.1 with a range from 23 to 39. The average ICS one hour pad was 35 mls the range 5 – 68 mls.

All patients but one had no demonstrable stress incontinence at week appointment. The remaining patient went on to have TVT-o.

The 6 months ICS one hour pad test on average was 2.2 with a range of Zero to 19 mls. There were No differences between the 6 months and one years follow up. Control over active bladder was challenging and time consuming.

13 women responded to Detrol XI 4 mgs once daily, further 9 patients responded to Regurin and 7 to vesicare. One patient did not respond to any products and now on oxybutanine and bladder stretch however her 6 months pad test was 19 mls while her pre-operative pad test was 68 mls .

Interpretation of results

Zuidex and anticholinergic drugs are effective combination in managing Mixed urinary incontinence in women, the treatment did not have side effects all patients but one were cured or improved. Dramatic decrease .in average one hour ICS pad test from 35 mls to only 2.2 mls

Concluding message

Zuidex and anticholinergic drugs are effective combination in managing Mixed urinary incontinence in women, the treatment did not have side effects all patients but one were cured or improved. Dramatic decrease .in average one hour ICS pad test from 35 mls to only 2.2 mls However this is a very small cohort of patients, a large study to include cost effectiveness is recommended

FUNDING: NONE

DISCLOSURES: NONE

HUMAN SUBJECTS: This study did not need ethical approval because Observation/ Audit of current practice but followed the Declaration of Helsinki Informed consent was obtained from the patients.