

Urinary symptoms during second and third trimester for pregnancy as per ICIQ FLUTS questionnaire

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Introduction

Pregnancy is a physiological state. It causes many anatomical and physiological changes in genitourinary tract making women more prone for urinary symptoms. The aim of the study was to see the prevalence of various urinary symptoms as per validated ICIQ FLUTS (International Consultation on Incontinence Questionnaire) questionnaire in second and third trimester of pregnancy in a tertiary hospital.

Methods and Materials

Sample Size: 100 cases of pregnancy in their second and third trimester of pregnancy were interrogated about various urinary symptoms as per validated ICIQ FLUTS questionnaire.

Statistical analysis: Data was analysed using suitable statistical methods.

Follow up: Pelvic floor exercises, yoga and treatment for urogynaecological problems.

Results

The mean age, parity and BMI were 27.5 ± 3.5 year, 1.2 and 24.5± 2.5kg/m2. A total of 48% patients were in second trimester while 52% patients were in third trimester of pregnancy. Nocturia was seen in 96% cases with 66% patients having to go to toilet four or more times in the night. A total of 72% patients had to suddenly rush to the toilet with 28% having it most of the times. Bladder pain was complained of by 56% patients with 10% having bladder pain most of the times and 4% having it all the times. A total of 74% patients had day time frequency of micturition with 18 % having 11-12 times while 24% having 13 or more times day time frequency. Delay in starting urination was seen in 30% patients with 10% having it most of the times and 2% having it all of the time. Straining to pass urine was seen in 40% patients with 12% having it sometimes, 12% most of the time and 2% all of the time. A total of 44% patients complained of stopping and starting urination more than once with 14% having it most of the time, and 4% having it all the times. Urgency urinary incontinence was seen in 36% cases with 18% having it most of the time and 12% having it all the time. Spontaneous leakage of urine was seen in 46% patients with 18% having it once and 6% having it more than once daily. Stress urinary incontinence was seen in 62% patients with 16% having it occasionally, 14% sometimes, 28% most of the times and 4% all the time. A total of 26% leaked urine without their knowledge being occasional in 14%, sometimes in 6% and most of the times in 6% while 8% leaked urine during sleeping being occasionally in 4%, sometimes in 2% and most of the times in 2%. All patients were treated with pelvic floor exercises, yoga and life style changes

Discussion

ICIQ FLUTS questionnaire showed huge impact on urinary symptoms in second and third trimester of pregnancy

Conclusions

There is very high prevalence of various urinary symptoms in pregnancy in second and third trimester of pregnancy

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