



ICS 2013 Abstract Form

43rd Annual Meeting of the International Continence Society

26th - 30th August 2013, Barcelona, Spain

Abstract Title:

Stress urinary incontinence (SUI) before, during and 3 months after pregnancy

Daly D¹, Begley C¹, Clarke M²

1. Trinity College Dublin, 2. Queen's University Belfast

Abstract Text:

Hypothesis / aims of study

The aim of the MAMMI (Maternal health And Maternal Morbidity in Ireland) study urinary incontinence (UI) strand is to explore the urinary health problems experienced by first-time mothers up to 6 months postpartum. This presentation will focus on the prevalence of SUI before, during and 3 months after pregnancy. Data from women enrolled during the first 18 months of the MAMMI study (up to July 2013) will be presented.

Study design, materials and methods

The MAMMI study is a mixed method design comprising a cohort study with 1600 primiparous women using self completed surveys, data extraction from women's records and interviews with a sub-sample of women experiencing morbidity in the 12 months postpartum. Women attending one large urban maternity hospital in Dublin, Ireland are invited to participate at their first booking visit. Eligibility criteria are; primiparous women aged 18 years or over who can read and understand English. SUI is defined according to the ICS (2002) definition. Research Ethics Committee approval for was granted by the university and site hospital. The study commenced in February 2012.

Results

Preliminary findings from 831 participants enrolled up to May 2013 show that 181 participants (21.8%) experienced SUI before pregnancy and 266 participants (32%) experienced SUI during early pregnancy. The increase in frequency of SUI seen in early pregnancy compared with before pregnancy was statistically significant. In early pregnancy, SUI occurred in 144 participants (22.1%) who were continent pre-pregnancy and persisted for 122 participants (72.9%) with pre-pregnancy SUI. Before pregnancy, 164 participants (92.7%), and during pregnancy 230 participants (86.8%), did **not** discuss leaking urine with a healthcare professional. Three months postpartum, 113 (54.3%) of 208 participants who have given birth experienced SUI. SUI by mode of birth was as follows:

Mode of birth (n = 208)	SUI (%)
Spontaneous Vaginal birth (n=81)	51 (62.9%)
Instrumental birth (n = 72)	48 (66.7%)
Caesarean section (n = 55)	14 (25.5%)

Interpretation of results

Before pregnancy, more than 1 in 5 participants experienced SUI and this rose to 1 in 3 in early pregnancy. Three months postpartum, more than 1 in 2 participants experienced SUI. These findings are important as recent studies show that women reporting occasional UI before pregnancy have raised odds of developing UI during pregnancy and women who develop UI during their first pregnancy or puerperium have a significantly higher risk of incontinence 5 years later.

Concluding message

It appears that opportunities for promoting urinary continence, particularly in early pregnancy when women are attending for antenatal care, are being lost. This has consequences for women's long term health. Women who could become urinary continent remain incontinent.