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## Urethral injection therapy for urinary incontinence

### How urethral injection therapy works?

The purpose of injection therapy is to make the urinary tract small enough that unintended urine leakage stops.

### How the therapy is administered?

The therapy is performed under local anesthesia. The urethra is numbed with a gel-based numbing agent, and an anesthetic is injected to the area around the urethra using a thin needle. After this, a cystoscope is used to inject bulking agent into several spots around the urethra. The procedure takes approximately 20 minutes.

### Preparing for the injection therapy

The injection therapy cannot be performed if you have a urinary tract infection. You must **provide a urine sample** 1 to 2 weeks before the appointment. Hand it in at the laboratory at your local health center; you can also ask for a sampling kit from the health center and take the test at home. If the sample is positive and a urinary tract infection is detected, you will receive a call and a course of antibiotics is prescribed.

You can take your regular medication and eat as normal before the procedure. If possible, take ibuprofen 800 mg and paracetamol 1 g as a premedication before you arrive at the hospital. The medication alleviates and prevents pain.

### After the procedure

You can move around and function normally immediately after the procedure. You can be discharged from the hospital after a few hours when you have urinated successfully and there is no significant pain. A few days after the procedure you may experience burning sensation when urinating and hematuria (blood in urine). These symptoms will usually pass on their own. Over the counter pain medications, available from pharmacies, alleviate possible pain and lessen the burning sensation. There are no restrictions regarding washing or hygiene.

Sick leave can be prescribed for 1 to 2 days if required. A postoperative follow-up appointment is not necessary, but you will receive a phone appointment at the gynecological outpatient clinic. A doctor will call you and ask about the therapy's effects on your urinary incontinence symptoms.

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## **Possible problems**

If you experience prolonged burning sensation during urination, increased urinary frequency, have a temperature, or your bladder does not seem to empty properly, contact the unit where the procedure was performed.