# STRESS URINARY INCONTINENCE REFERRAL GUIDELINE

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### **HIGH RISK**

SUGGESTED EMERGENT CONSULTATION

### SYMPTOMS AND LABS

N/A

## **MODERATE RISK**

SUGGESTED CONSULTATION OR CO-MANAGEMENT

#### **SYMPTOMS AND LABS**

Urinary retention

Pregnancy test if clinically applicable

Advanced or complete prolapse

### **LOW RISK**

SUGGESTED ROUTINE CARE

#### **SUGGESTED WORKUP**

History (note prior incontinence and/or prolapse surgeries)

Pelvic exam to confirm stress incontinence with a full bladder cough test

# SUGGESTED PREVISIT WORKUP

N/A

# SUGGESTED WORKUP

Possible urine pregnancy test

Pelvic exam

Post-void residual

# SUGGESTED MANAGEMENT

If patient is obese, counsel on weight loss. Offer referral to MMC Weight and Wellness

If patient desires non-surgical intervention: counsel on vaginal inserts (Poise Impressa) or pessary. Discuss Kegel exercises/pelvic floor PT

Refer to pelvic floor PT if patient is interested

### CLINICAL PEARLS

- Incontinence pessaries can be fitted with a gynecologist or MMP Pelvic Medicine nurse practitioner
- Poise Impressa is available over the counter and can be self-fitted by the patient
- Refer to MMP Pelvic Medicine, if patient desires surgical intervention

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