

STRESS URINARY INCONTINENCE REFERRAL GUIDELINE

Maine Medical Partners - Women’s Health Division of Pelvic Medicine and Reconstructive Surgery
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HIGH RISK SUGGESTED EMERGENT CONSULTATION	MODERATE RISK SUGGESTED CONSULTATION OR CO-MANAGEMENT	LOW RISK SUGGESTED ROUTINE CARE
SYMPTOMS AND LABS N/A	SYMPTOMS AND LABS Urinary retention Pregnancy test if clinically applicable Advanced or complete prolapse	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