

CLINICAL TIPS

Some easy to administer advice for the clinic....

Outlined below are some quick clinical tips that I use in my clinic, and hope that you all might find useful.....

TIP #1: Asking About "Coital Incontinence"

Over the last 8 months, many WHTA members have attended the Webinar "Sex, Lies and Suburethral Tape". The focus of this webinar is the issue of urinary incontinence during intercourse and the possible existence of female ejaculation.

During the webinar it is explained that research has now shown that ~30-50% of women with daytime stress or urge urinary incontinence are known to also suffer from incontinence during intercourse. When I first read this data I must admit that even I was surprised, as I knew that the frequency with which women were admitting to this symptom in my clinic was no-where near this number. This realisation led me to reflect on my questioning surrounding coital incontinence, and look for reasons as to why my questioning may be falling short of identifying this often distressing symptom for women.

What did I realise????

What I have now realised is that many of the women in my clinic seem to have sub-consciously taught themselves to always empty their bladder just prior to intercourse! This means that if I simply ask them whether they 'ever leak during intercourse?' they simply answer 'no'. They don't leak because their bladder is always empty!!!

What have I changed???

Basically... I have changed the series of questions I ask about bladder control during intercourse. My series of questions is now more commonly:

Q1: Do you mind if I ask if you are sexually active? (just a gentle way to start sexual questions)

Q2: Do you usually empty your bladder prior to having intercourse?

If YES:

Q2.1 "Is that just habit, or is there a specific reason why you prefer to empty your bladder prior to intercourse?"

Q2.2 "If you had intercourse with a full bladder, do you think you might leak during intercourse?"

Q2.3 "Has this ever happened during intercourse in the past?"

Since I have changed my questioning I have found a much greater number of women seem to be opening up their 'secret concern' that they may leak during intercourse, or an experience of leakage during intercourse in the past which has caused them to now always empty their bladder prior.