

You can also find more information on national websites:

- Pelvic, Obstetric and Gynaecological Physiotherapy
http://thepogp.co.uk/patient_information/default.aspx
- International Urogynaecology Association
www.yourpelvicfloor.org
- British Society of Urogynaecologists:
<https://bsug.org.uk/pages/for-patients/bsug-patient-information-leaflets/154>
- British Association of Urological Surgeons
www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Urethral%20bulking.pdf
- National Institute for Health and Clinical Excellence - Patient Decision Aids
www.nice.org.uk/guidance/ng123/resources/patient-decision-aids-information-6725286109

To read this leaflet in a different language, please visit our website:
www.uhd.nhs.uk/visit/patient-information-leaflets and use the language and accessibility function available along the top of the site.

To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499** or email uhd.patientexperienceteam@nhs.net.

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Urethral bulking (Bulkamid) to treat Stress Urinary Incontinence

Gynaecology Department
Patient Information

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This leaflet should be used as a guide for women or people who were assigned female at birth. There may be differences in how each procedure is performed, the care given afterwards, and the advice given to you when you get home. Please read this leaflet and ask your doctor if you have any questions.

What is urethral bulking used to treat?

Urethral bulking helps people who leak urine (pee) during everyday activities. For example when you laugh, cough, sneeze or exercise. This is called Stress Urinary Incontinence.

The treatment uses a soft gel to help stop urine leaks. We will inject the gel into the wall of your urethra. Your urethra is the tube where urine comes out of your bladder. The gel helps your urethra close more tightly so that urine doesn't leak out.

At University Hospitals Dorset, we use a gel called Bulkamid. It is safe and approved in the UK. There are other ways to treat Stress Urinary Incontinence. We will talk to you about these before you make a choice.

What is Bulkamid?

Bulkamid is a brand name for Polyacrylamide hydrogel. It is a soft, water-based gel made mostly of water. If you want to know more about this gel you can look online at www.bulkamid.com. The gel stays in the body for several months.

British Society of Urogynaecology (BSUG) database

As well as writing in your hospital records, we usually keep a record of your Bulkamid treatment on the BSUG database. This is advised to all doctors in the United Kingdom who offer treatments for Stress Urinary Incontinence.

The BSUG database is used to record how well the treatments work and if there are any problems with them. We will ask for your consent before we add your treatment to the digital record. Nobody outside of the hospital can see your personal details. You do not have to agree to this. If you say no, we will still carry out the treatment.

More information

If you would like to know more about Stress Urinary Incontinence and treatment, you can:

- Ask your Urogynaecology team / Consultant.
- Look at the UHD Pelvic Floor Physiotherapy website.
www.uhd.nhs.uk/services/therapy-services/pelvic-health

How well does it work?

About 70% of people see an improvement in their symptoms. This means that if 10 people have the treatment, seven of them will feel that it has helped them.

About 60% of people may need a second treatment to feel it has helped them enough. So if 10 people have the treatment, six of them will need the second treatment to feel better.

The effects can wear off over time. It may not help with needing to pass urine (pee) suddenly or very often.

Are there any risks?

Most people are fine, but you may

- feel mild pain during or after the treatment.
- have a small amount of bleeding when you pass urine (pee).
- feel uncomfortable for one or two days.
- have a urine infection. You may get antibiotics to help stop this.
- find it hard to empty your bladder. This can happen in 2-10% of people. This means between 2 and 10 out of every 100 people who have the treatment might find it harder to pee afterwards. This usually gets better quickly but you may have to change your position when you pee. Some people will need to use a catheter (a tube that empties the bladder) for a few days or a week. It is rare to need a catheter for longer than this.

Risks that are less common:

- The gel may move to another part of the body.
- You may have an allergic reaction or infection.

Call your doctor if you get:

- Strong pain
- A high fever
- You cannot pass urine (pee) properly
- Blood in your urine

After the treatment

- Do not lift heavy things or do heavy exercise for one to two weeks.
- Drink lots of water to avoid infection.
- You can have sex again when you feel ready.

Will I need to be seen again after the treatment?

We will talk to you on the telephone about six weeks after the treatment. We will ask how you are and how well it has worked. You may need a second treatment if your symptoms come back quickly or do not improve enough.

Key things to remember:

Before you have your treatment

- Tell us if you think you may have a urine infection.
- Please take your normal medicines unless we have asked you not to
- If you are going to be asleep to have your treatment (general anaesthetic) you will be told when to stop eating and drinking.

Please bring with you

- A urine (pee) sample
- Your filled-in symptom form
- A list of your medicines
- Any questions you want to ask

After your treatment you will get

- A short course of antibiotics.
- A phone appointment in about six weeks.

How do I contact my team?

Royal Bournemouth Hospital Urogynaecology Secretary

Call **0300 019 4336**

Open Monday - Friday, 7am-3pm.

Answerphone available out of hours.

Poole Hospital Urogynaecology Secretary

Call **0300 019 2511**

Open Monday, Wednesday and Thursday, 8am-4pm.

Open Tuesday 8am - 3pm.

Answerphone available out of hours.

Urogynaecology nurse specialists

Call **0300 019 5729**

Open Monday - Friday 8am-4pm.

Answerphone available out of hours.

Theatre appointments and scheduling at Royal Bournemouth Hospital

Call **0300 019 2880** or **8598**

Monday - Friday 8am-4pm.

Is Bulkamid right for me?

The gel may be a good choice if you

- do not want to have major surgery.
- cannot have or do not want a general anaesthetic.
- have had other treatments that did not work.
- are planning to have children.

It may not help with other bladder problems such as needing to pee very often or having a strong need to pee (urgency).

How is the treatment done?

- You may be awake or asleep during the treatment.
- If you are awake, we will use a thin needle to inject numbing medicine (local anaesthetic).
- A thin tube with a small camera is used to look inside your urethra.
- A thin needle is passed down this tube.
- The Bulkamid gel is injected into three or four places around your urethra.
- There are no cuts or stitches.
- You can go home the same day.

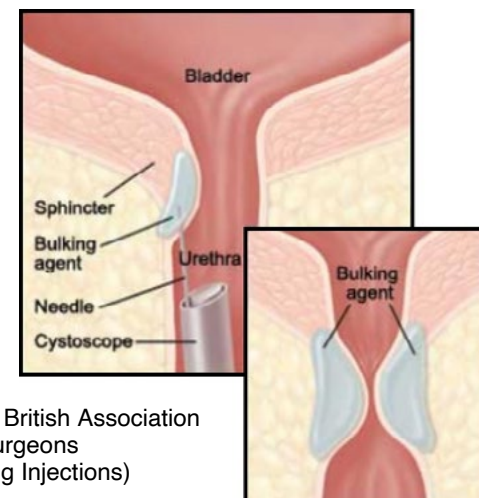


Image from the British Association
of Urological Surgeons
(Urethral Bulking Injections)