

INTRODUCTION

Urinary incontinence (bladder leakage) in men can happen after prostate cancer surgery, radiation, or surgery for an enlarged prostate. The types of bladder leakage that can happen include when you have to go and can't hold it, or when you cough, sneeze, laugh, or exercise.

- **Urgency Urinary Incontinence** - sudden need to pee causing bladder leakage before getting to the toilet
Urinary incontinence is one of the symptoms of overactive bladder.
- **Stress Urinary Incontinence** - leaking urine when lifting something heavy, laughing, or sneezing
- **Mixed Urinary Incontinence** - both stress and urgency incontinence

TREATMENTS FOR URINARY INCONTINENCE

PRIOR TO TREATMENT

- You may be asked to keep a bladder diary. A bladder diary can help you track when and how often you pee, when and how much urine you make, and how much fluid you drink. Keep the diary for at least 24 hours. Take the diary to your healthcare provider who will use it to help treat you.
- You may undergo a special test called urodynamics.
- You may also be asked to save and bring with you to your visit any incontinence pads you have used. These pads are weighed to determine how much urine you leak.

BEHAVIORAL TREATMENTS

- **Stopping smoking** can decrease coughing, and coughing can make urine leakage worse. Drinking less alcohol and caffeine and eating less spicy foods or foods high in sugar can help decrease irritation to your bladder.
- **Weight loss:** if you are overweight losing weight can improve your urine leakage by putting less pressure on your bladder.
- **Constipation:** when you cannot move your bowels, stool or poop in the bowel takes up some of the room used by the bladder. This can cause your bladder to leak. Ask your health care provider for help with treatment of constipation if you have tried treating constipation on your own with no improvement.

NON-SURGICAL TREATMENTS

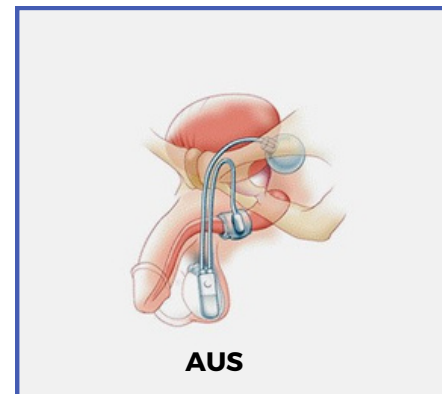
- **Pads:** urinary incontinence pads for men are sold in drug stores, supermarkets, and can be ordered online.
- **Penile Clamps:** a device that clamps around the penis to help control urine leakage. The clamps come in 3 sizes. You will be provided with instructions on how to measure for which size will fit you. The clamp works by putting light pressure on the underside of the penis to stop urine leakage. The clamp is removed every 1-2 hours to empty your bladder.
- **Condom Catheter:** a measuring guide will be used to measure around the penis for proper fitting. A condom catheter fits on the penis like a condom. A urine collection bag is attached to the end of the condom catheter to hold the urine.
- **Kegel Exercises:** Kegel exercises help make the pelvic muscles stronger, which may control urine leakage. Ask your healthcare provider about Kegel exercises and how to do them.
- **Kegel Exercises with Biofeedback:** Biofeedback involves placing small sensors around the pelvic area. Muscles in this area are used to control your urine. The sensors are connected to a monitor that shows how much work the muscles are doing.
- **Medications:** There are many kinds of medicines that can help with bladder leakage. One medicine may work better than another or have bothersome side effects. You may need to try several medicines to find one that works for you.

NON-SURGICAL TREATMENTS CONTINUED

- **Botox Injections into the bladder:** Botox injections are only used for overactive bladder or urgency urinary incontinence. It does not help with stress urinary incontinence. If the Botox injections in your bladder work, you will need to have these injections about every 6 months.
- **Percutaneous Tibial Nerve Stimulation (PTNS):** A small, thin needle like an acupuncture needle is put into your leg just above the ankle for 30 minutes. The needle is then removed. Most people say they feel tingling, during treatment but it is not painful. The PTNS is done one time weekly for 12 weeks. If it helps, you will continue PTNS treatments one time each month.

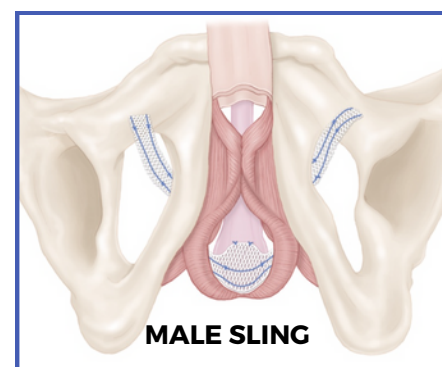
SURGICAL TREATMENTS

- **Adjustable Continence Balloons:** Two small balloons are placed on each side of the urethra (the tube that carries urine from your bladder to the outside) next to the bladder. The balloons are filled with a solution to make the urethra tighter. Your surgeon can also take the solution out of the balloons to adjust them.
- **Artificial Urinary Sphincter (AUS):** A cut is made in the skin of your belly and a second one is made between your bottom and your testicles. A cuff or ring is placed around the urethra. A small pump is placed in the scrotum (sac of skin hanging below the penis). The cuff or ring opens and closes to start and stop the urine. To pee you press on the pump in the scrotum. The cuff stays open for 3 minutes to let you to pee. The cuff closes on its own. This surgery takes about 2 hours. You may be in the hospital for a few days after surgery.
- **Male Slings:** There are many different kinds of male slings. A male sling is a device made of small strips of mesh tape placed under the urethra through a cut in between the scrotum and or through the thighs to help with mild to moderate urine leakage when you cough. You and your surgeon will need to decide which sling is best for you.
- **Ileal Conduit:** A surgery where a part of the bowel is used to make a new bladder in the same place as the old bladder. The tubes that run from the kidneys (ureters) are attached to the new bladder. An opening is made on your belly called a stoma. A drainage bag that uses a type of adhesive is placed around the stoma (opening) where the urine can drain from the new bladder into a collection bag.
- **Neobladder:** This surgery also uses a part of the bowel to make a new bladder. The tubes that carry urine from the kidneys to the bladder (ureters) are connected to the new bladder but instead of urine draining into a drainage bag most people can pass urine just as before.



AUS

SOURCE: COURTESY OF BOSTON SCIENTIFIC.



MALE SLING

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