

Stress Incontinence (Male)

Patient Information Leaflet

All Departments
Lower Lane
Liverpool L9 7AL
Tel:0151-525-5980

What is stress incontinence?

This is when urine leaks because there is a sudden extra pressure (stress) on the bladder.

It develops because the pelvic floor muscles are weakened.

Urine may leak when you cough, sneeze, laugh, blow your nose, exercise, lift, bend etc. In these situations there is a sudden extra pressure within the abdomen and on the bladder.

Some people can also lose control of their bowel and leak wind or faeces.

What causes stress incontinence?

In most cases stress incontinence is due to weakened pelvic floor muscles. The most common reasons for this include;

- Being overweight
- Repeated heavy lifting
- Lack of general fitness
- Some operations for an enlarged prostate
- Long periods of inactivity (due to illness or following surgery)
- Continued straining to empty bowels
- A long term cough

How to exercise the pelvic floor muscles

It is difficult to identify the pelvic floor muscles but it is important to exercise them correctly.

- Choose any comfortable position with your knees slightly apart.
- Concentrate on the muscles you would use to stop yourself passing urine and those that stop you passing wind.
- Gradually squeeze and tighten these muscles starting at the back and working forward.
- Don't hold your breath or squeeze your bottom or stomach muscles.

ATTENTION

Stopping urine flow midstream should not be attempted as it can cause problems with normal bladder function

Slow exercise - Gradually tighten the muscles and hold for as long as you can. (Aim for 10 seconds)

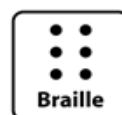
Fast exercise - Tighten and relax the muscles quickly (up to 10 times).

Try doing these exercises after emptying your bladder or link them to a regular daily activity. This may act as a prompt throughout the day.

You should find the exercises get easier as your muscles get stronger.

You may be able to hold the 'tighten' for longer. Keep trying to do a little more each time.

If you are still having problems it may be advisable to seek professional help. There are specialist continence physiotherapists, nurses and advisors.



If you require a special edition of this leaflet

This leaflet is available in large print, Braille, on audio tape or disk and in other languages on request. Please contact:

Tel No: 0151 529 2906

Email: interpretationandtranslation@aintree.nhs.uk