

Urogynecology and Reconstructive Pelvic Surgery

Frequently Asked Questions

What is urinary incontinence?

Urinary incontinence is involuntary leakage of urine. There are different types of urinary incontinence, such as stress urinary incontinence or urge urinary incontinence. Treatment will depend on the underlying cause of the incontinence.

What is stress urinary incontinence?

Stress urinary incontinence is leakage of urine during physical activity or during activities that place increased pressure on your pelvis. This occurs when there is leakage of urine with coughing, sneezing, running, jumping, or laughing.

What is pelvic organ prolapse?

Pelvic organ prolapse is when one of the organs in the pelvis bulge into the vagina. These organs are most commonly the uterus, bladder, or rectum. Symptoms women commonly experience are sensations of a bulge between their legs that may be worse with physical activity or when standing for prolonged periods of time.

What lifestyle changes can I make to help with my urinary frequency?

One place to start is to ensure you are not drinking too much water. Typically, if you have urinary frequency, you can help manage symptoms by limiting fluid intake to 6-8 glasses a day. Common bladder irritants that can worsen your symptoms include, but are not limited to coffee, tea, alcohol, and sodas.

How can I stop myself from waking up so much at night to urinate?

There are many reasons your bladder can wake you up from sleep during the night. One lifestyle technique you can try is cutting off fluids 1-2 hours before bedtime. This can help manage your symptoms. With that said, if you still have a lot of nighttime frequency, you should be evaluated to ensure you are emptying your bladder all the way and not creating too much urine throughout the night.

