



Urogynaecology Procedure Clinic Urethral bulking agent (Bulkamid)

What is urethral bulking?

Urethral bulking is the injection of a bulking agent, like Bulkamid, into the urethra to add volume to the tissue. This supports the closing mechanism of the urethra and provides a better control of urine when you cough, laugh, and exercise or change position.

What conditions does urethral bulking treat?

The procedure is designed to treat stress urinary incontinence which is often referred to as stress incontinence. It has been approved by the National Institute for Health and Care Excellence (NICE).

There are a number of reasons for urinary incontinence (leakage of urine) and stress incontinence is one of these. It happens when there is a lack of support around the opening of the bladder allowing urine to leak out if any pressure (stress) is put on the bladder such as when coughing, lifting or exercising.

What is Bulkamid?

Bulkamid is a soft gel consisting of 97.5% water and 2.5% polyacrylamide. It has been shown to maintain its shape and volume years after implantation, providing long term relief from urine leakage.

How successful is Bulkamid?

Over three quarters of women who receive Bulkamid report to be cured or significantly improved and recent data has shown the effect can last up to seven years.



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If the effect of Bulkamid is insufficient following the first injection a top-up injection can be given to help achieve satisfactory resolution of symptoms.

Is Bulkamid a safe procedure?

Bulkamid has treated over 50,000 women with stress urinary incontinence in 25 countries over 10 years. During that time few complications have been reported and there have been no long term complications. However, as with any invasive procedure complications may occur. Please refer to the information provided in your leaflet "Calculating Risk in Healthcare".

Although rare, complications can include pain related to the procedure, a small amount of blood in the urine, delayed urination, painful urination, and/or urinary tract infection. These complications are all temporary and if they occur should resolve within a few days.

What should I do before I come to my appointment?

You can eat and drink normally on the day and please continue to take the medication you normally take. It would be beneficial for you to take over the counter pain relief that you would normally take for pain or discomfort; such as 1g Paracetamol and 400mg Ibuprofen if you are able to take them. Please check with a pharmacist before taking this if you are unsure. You may want to take some stronger pain relief if you are already taking it regularly. Please ask the nurse on your arrival if you want additional pain relief. You will be given pain relief before your procedure in the form of local anaesthetic gel. We will ensure you have the right pain relief for your procedure.

Should I bring someone with me?

You may want to have someone come with you to the appointment. You will not be able to have anyone in the room while we carry out the procedure but for the discussion beforehand and when you are recovering you may find it



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reassuring. You should be able to drive home after the procedure but we would advise that it is safer if you can have someone to drive you if you are not using a taxi or public transport.

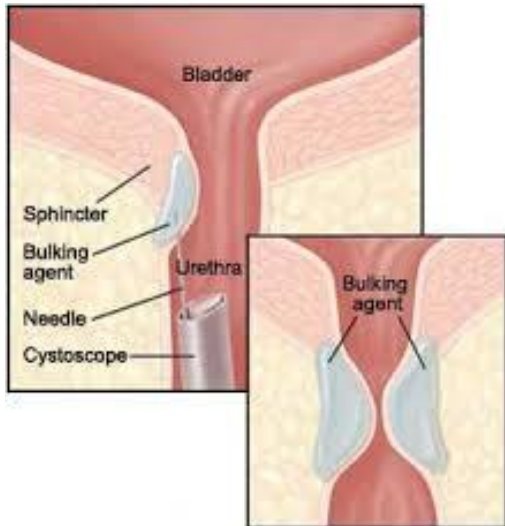
What can I expect the day I have my procedure?

When you arrive in the department you will book in with the reception staff, handing in your appointment letter. When you are called into the clinic room you will be asked a series of questions regarding information within this leaflet. It is a process to ensure you are fully informed about the procedure and recovery and you will then be asked to sign a consent form. If you want to clarify any information, this is time to discuss your questions.

There will be two nurses with you in clinic and a consultant. One of the nurses is for you to talk to if you are nervous and the other nurse is to assist the consultant. After you have been through the checklist you will then be shown to a private bathroom and asked to change into a hospital gown. You will need to remove your underwear for the procedure to be performed. When you have your gown on you will be asked to lie on a couch and place your legs in stirrups. You will be covered for your dignity.

The procedure is done under local anaesthetic. A telescopic camera examination of your bladder and urethra is carried out initially. The bulking agent is injected into the tissues around the urethra either through the telescope.

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(images from Contura PIL BULK/2018/036)

What can I expect after the procedure?

When the procedure is complete we will allow you some time to adjust to sitting up then standing. When you are ready you will be asked to get dressed in the same area you put your gown on. Following this, we will want you to be able to pass urine before leaving the department. This will be monitored and measured by the nurses who have been with you in the clinic.

- Pain relief - Pain is usually minimal after urethral bulking but any discomfort can be treated with pain relief tablets.
- Eating and drinking - You can eat and drink as normal after the procedure.
- Going home - You are not usually admitted to hospital but if you are unable to pass urine by the end of the clinic you may require further monitoring in our gynaecology emergency unit attached to Beech Ward.



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- Antibiotics – you will be given a routine three day course of antibiotics. Please confirm if you have any allergies to medication before being given the prescription.
- Driving – it is advised you have someone to drive you home on leaving the hospital, but you should be safe to drive the day after.

What can I expect when I get home?

- Staying mobile is important following any procedure.
- You will be able to bath or shower as normal.
- You should be able to return to normal activities.
- If you have a heavy lifting or demanding job your consultant may advise a week or two off work.
- You must refrain from heavy lifting for approximately three weeks
- We would advise that you refrain from sexual intercourse for the first three weeks.
- You will have a follow up appointment between 6 weeks and 6 months after the operation. This may be with a nurse by telephone, face-to-face with a nurse or with the consultant. This will depend on factors such as waiting list times for follow up and specific patient monitoring.
- If you have not had a follow up appointment confirmed after six weeks following your procedure please contact the department (contact details over the page).

Are there any symptoms that I should worry about?

As with any intervention or procedure there can be effects that are flags for concern. If you experience any of the following



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please contact your GP or Out Of Hours service as soon as you can.

- Severe pain
- High fever
- Pain or discomfort passing urine or blood in the urine

If you have any further questions please email the Urogynaecology team at gwh.urogynae@nhs.net where you can ask for a call to be returned or an email reply.

If you have any questions about your appointment or need to change the date or time, please contact:

Booking Clerks Tel: 01793 604980 or Women's Health Out - Patients Tel: 01793 605252

Arriving by car:

There is a pay & display car park. When buying a ticket, please allow enough time for the length of your stay.

Disabled Parking:

There are spaces close to the hospital entrance.

Set down Area:

For patients with walking difficulty, you may stop in front of the entrance for 20 minutes. Ask at reception in the hall for use of a wheelchair if this helps.

Arriving by bus:

There are frequent services from the town centre and surrounding areas.

For current bus times ring: (01793) 428428



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Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Document Control

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