

# Bulking Agent Injections

Your urogynecologist has asked you to schedule a procedure called transurethral bulking agent injections. The injection of an agent such as collagen around the urethra (the tube the urine comes out of) will help close the urethra to prevent urinary incontinence or urinary urgency and frequency.

You will already have undergone urodynamic testing and cystoscopy as part of your complete evaluation. You may have had a skin test placed on your arm if you are undergoing collagen injections. You will first be asked to void (empty your bladder) prior to the test. You will then be catheterized to determine the amount of urine you are retaining. Local anesthetic jelly will then be placed in your urethra. A small dose of local anesthetic will then be injected with a small needle along the length of the urethra. This is done vaginally, and will lead to some burning. You will be told by your urogynecologist before the injection is performed. Once the local anesthetic has been injected you should feel minimal, if any pain during the rest of the procedure.

A cystoscope will then be inserted into the urethra. Typically, a video camera is used so you can observe the procedure at the same time. Through an opening in the cystoscope, a needle will be placed within the wall of your urethra. The injected agent will then be injected to help close the urethra. This may require injections at 2 or 3 sites in order to result in closure of the urethra circumferentially. Once this has been completed, your urogynecologist will ask you to cough to determine whether a satisfactory results has been achieved.

At the end of the procedure, you will be asked to urinate to make sure you are able to urinate properly. You will be asked to measure the amount of urine that you urinate in a small receptacle. You will need to remain in the office until you are able to urinate properly. Occasionally, some women are unable to urinate properly. A catheter may need to be placed overnight if that occurs.

This information is for educational purposes only and should not be relied upon as medical advice. It has not been designed to replace a physician's independent judgment about the appropriateness or risks of a procedure for a given patient.

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## Why is there a need to undergo bulking agent injections?

During your evaluation, your urogynecologist determined that you have intrinsic sphincteric deficiency (ISD). This condition entails weakness of the smooth muscle around the urethra which acts as a sphincter. That weakness results in a partial opening of the urethra which allows urine to come out with minimal physical activities. In addition, you may have urgency and frequency symptoms due to wetness of the urethra as the bladder fills.

Injecting a bulking agent (for example, collagen or macro plastique) will elevate the lining of the urethra towards the midline, resulting in closure of the urethral canal and enhanced sphincter function of the urethra. This office-based procedure for urinary incontinence has been available for over 10 years. Frequently, it needs to be repeated once or twice in order to achieve a satisfactory result for you. The need for repeat injections relates to the fact that your body will absorb some of the injected fluid prior to your body being able to deposit enough of its own.

## NOTES:

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