

Connect Me - Urogynaecology Service

Resources for patients

Thank you for answering questions about your symptoms, their effects on your quality of life and your expectations of the future treatment the Connect Me Urogynaecology Service.

While you are waiting your appointment or a communication from the service team, you may find the resources below helpful to understand your conditions better, to know about your treatment options further, and to be prepared for more reproductive and meaningful discussions with your care providers, in addition to provide you with some tools to manage your symptoms better.

Common Conditions Attend the Urogynaecology Service:		
1- Pelvic organ prolapse	2- Stress Urinary Incontinence	3- Overactive Bladder
Non-invasive Treatment Options		
Pelvic Floor Exercises		Bladder Training
Vaginal Pessary for Pelvic Organ Prolapse	Non Surgical Approaches to Managing Bladder Problems	
Invasive / Surgical Treatment Options		
Anterior Vaginal Wall Repair without the use of mesh	Urethral Bulking Agent Injections for stress urinary incontinence	Botox Injections for overactive bladder
Posterior Vaginal Wall Repair without the use of mesh	Colposuspension for stress urinary incontinence	Percutaneous Tibial Nerve Stimulation for overactive bladder
Vaginal Hysterectomy for uterine prolapse	Autologous fascial sling for stress urinary incontinence	Sacral Neuromodulation IUGA
Sacrospinous Fixation for uterine or vaginal vault prolapse		Sacral Neuromodulation BAUS
Manchester Repair for uterine prolapse		
Colpocleisis - closing the vagina to treat prolapse		
Sacrohysteropexy for uterine prolapse with mesh		
Sacrocolpopexy for vaginal vault prolapse with mesh		
Additional Resources to help you in decision making		
Operations to treat uterine prolapse	Treatment Options for stress urinary incontinence	Treatment Options for overactive bladder

Operations to treat vaginal vault prolapse		Bladder Diary
Recovering well after Pelvic Floor Repair Operation		
Recovering well after Vaginal Hysterectomy		
Obesity, Effect on the pelvic floor & Risk for surgery		
Understanding how risk is discussed in health care		