

12. Mixed incontinence

Dear [Dr ____],

Advice and guidance response pertaining to [Patient name].

You may wish to try the following:

examination to exclude prolapse, pelvic mass and red flag symptoms (listed below)
 bladder ultrasound to measure post void residual
 frequency volume chart/bladder diary
 mitigating measures such as reducing caffeine, fizzy drinks, alcohol, smoking cessation and changes to diet
 bladder training
 pelvic floor exercises and [referral to a pelvic health physiotherapist if needed](#)
[manage constipation if present](#)

If the measures above are not helpful a referral to the Continence service would be appropriate.

Examination should exclude a prolapse and pelvic mass (if present refer urogynae) and exclude any red flag symptoms. Please refer red flag symptoms below as an urgent referral, in line with NICE [Suspected cancer: recognition and referral | Guidance | NICE](#):
aged 45 years and over with unexplained visible haematuria without UTI, or persistent/recurrent haematuria after successful treatment of UTI; or
aged 60 years and over with unexplained non-visible haematuria and dysuria or a raised white cell count on a blood test.

Relevant guidance:

Information on bladder training, including a leaflet and video, is available from BAUS: [Bladder training - BAUS](#);

It is suggested to arrange a bladder ultrasound scan to check on post void residual (<150ml residual is not significant). A frequency volume chart/bladder diary should be completed. A BAUS Input Output chart is available here: [Urinary input and output chart \(bladder diary\) - BAUS](#)

General measures such as reducing all caffeine drinks including fizzy drinks and alcohol, smoking cessation, healthy diet and exercise with weight loss if appropriate should be undertaken. Bladder training would help frequency, urgency and urge incontinence. Leaflets on bladder training are available here: [Healthy Bladder | POGP](#); [Management of Urinary Frequency, Urgency and Urge Incontinence | POGP](#).

If bladder training fails, a trial of anti-muscarinic medication before referral is indicated. A trial of anti-muscarinic (as per local formulary and NICE) or Mirabegron 50mg. One should be aware of the potential side effects in the elderly with certain anti-muscarinics.

Pelvic floor exercises would help with stress urinary incontinence:

[Pelvic floor exercises in women - BAUS](#)

[Pelvic Floor Muscle Exercises \(for women\) | POGP](#)

Patient resources: [The British Society of Urogynaecology \(BSUG\)](#)

If referring back, please state that the referral has already been through Advice and Guidance and include previous correspondence so we don't duplicate advice.

Kind regards,

[Responding clinician name and role]