

P4

BULKAMID: NOUGHT TO FIFTY: OUR EXPERIENCE

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Objectives:

Periurethral bulking injections with polyacrylamide (bulkamid) is growing in popularity as a safe option in primary stress urinary incontinence (SUI) [1]. Bulkamid started in our unit in May 2018. This study evaluates the effectiveness and success of this intervention in our practice.

Study Design:

Retrospective service evaluation from May 2018 to December 2019. All women undergoing bulkamid were included. Data from electronic patient records and the BSUG audit Database were obtained. Overall patient satisfaction, improvement of SUI symptoms and complications were assessed 3 months post op.

Results of Study:

36 women with primary SUI confirmed on urodynamics requested bulkamid. 14 women underwent repeat bulking and one woman had a third procedure, a total of 51 procedures.

Postop follow up is waited for 3 women, 1 failed to attend. Out of 32 women, 9 (28%) women felt their SUI was cured and another 31% (10) felt their SUI was better of which 6 women requested repeat bulking. This was also requested by 8 out of 11 women who felt no change in SUI. Using the definitions from the BSUG Database, 62.5% women were satisfied and felt overall improvement of their condition with the procedure, with 50% women feeling very much better or much better after primary procedure. Our repeat bulking rate was at 41.6% increasing cure/improvement rates to 60% and overall patient satisfaction to 65%.

No intraoperative complications occurred. 2 women with voiding dysfunction pre-op continued CISC post op, one of who had repeat botox with bulkamid. 2 women developed de novo urgency symptoms.

Conclusions:

Bulkamid is a safe and effective treatment for the treatment of SUI in women who wish to avoid major surgery. Our re-bulking rate is like that reported in the literature[2] but our cure rate and patient satisfaction are lower than previous studies[3].

References

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3. Sokol E, Karram M, Dmochowski R. Efficacy and Safety of Polyacrylamide Hydrogel for the Treatment of Female Stress Incontinence: A Randomized, Prospective, Multicenter North American Study. *Journal of Urology*. 2014;192(3):843-849.