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FOGSI EEBR 2.0

URINARY INCONTINENCE

ETHICAL EVIDENCE-BASED RECOMMENDATIONS

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Foreword

Across the world, women's health continues to evolve rapidly, and few areas have witnessed as much conceptual progress in recent years as urinary incontinence. With deeper understanding of pelvic floor dynamics, refined pathophysiology, and modern diagnostic tools, our approach to this condition has shifted significantly. As the leader of an organisation that strongly believes in continuously improving clinical practice, I see it as both my responsibility and my duty to provide guidance through academic excellence. Contributing to the EEBR series is one meaningful way of ensuring that our fraternity remains aligned with the best scientific knowledge available today.

In the Indian context, urinary incontinence poses unique challenges. Many women hesitate to voice these symptoms—not merely due to discomfort, but because cultural and social environments seldom encourage open discussion around bladder issues. Consequently, they often present late, when the condition has become complex and deeply disruptive to quality of life. The range of urogenital complaints we encounter is extremely diverse, cutting across all age groups and life stages. As our understanding grows, it becomes clear that management cannot follow a single template. Diagnosis must be precise, evaluation must be structured, and treatment must be customized—tailored to each woman's physiology, needs, expectations, and the severity of her symptoms. Advances in imaging, urodynamics, conservative therapies, pelvic floor rehabilitation, and minimally invasive procedures have made individualized care more achievable than ever before.

This volume of ethical, evidence-based recommendations is the result of months of focused work by an exceptional group of editors and authors. Their commitment to careful literature appraisal, balanced interpretation, and clarity in clinical application has shaped a resource of immense value. I express my sincere appreciation for their dedication and academic rigor.

May this book help clinicians diagnose earlier, treat smarter, and counsel with confidence—ensuring that no woman's well-being is compromised by silence, hesitation, or lack of updated knowledge.

Warm regards,



Dr Sunita Tandulwadkar

President, FOGSI 2025

Table of Contents

Urinary Incontinence

01	Management of Urinary Incontinence: Definition & Presentations	01
	<i>Dr. Deeksha Pandey, Dr. Suvrati Bansal</i>	
02	Evaluating Urinary Incontinence	09
	<i>Dr. Amita Jain, Dr. Permi Saahiti</i>	
03	Evaluating the Urodynamics	17
	<i>Dr. Meera V. V. Ragavan, Dr. Mohini Agrawal</i>	
04	Management of Urge Incontinence	23
	<i>Dr. Muntaha</i>	
05	Conservative Management of Stress Urinary Incontinence	37
	<i>Dr. Subhash Chandra Biswas, Dr. Mriganka Mouli Saha</i>	
06	Non-Surgical Management of Stress Urinary Incontinence	45
	<i>Dr. Sejal Annera, Dr. Parneet Kaur Sekhon</i>	
07	Surgical Management of Stress Urinary Incontinence	51
	<i>Dr. Prakash Trivedi, Dr. Soumil Trivedi, Dr. Kaustav Kar</i>	
08	Management of Mixed Incontinence	57
	<i>Dr. J. B. Sharma, Dr. Ashita Aggarwal</i>	
09	Minimal Invasive Management of Urinary Incontinence	65
	<i>Dr. Sunita Tandulwadkar, Dr. Vatsla Vats</i>	

Table of Contents

- 10 **Management of Genitourinary Fistulas** 73
Dr. Mohan Chandra Regmi, Dr. Baburam Dixit Thapa
- 11 **Bladder Pain Syndrome** 77
Dr. Manjula Anagani, Dr. Aishwari Durge

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