Urge vs Stress Incontinence

Telling the type of urinary incontinence apart is what decides the treatment

URG Urge (overactive detrusor)

- leakage with an intense urge to void
- bladder retraining
- anticholinergics or beta-3 agonists
- intravesical botulinum toxin
- sacral or tibial neuromodulation

STR Stress (cough, laugh, effort)

- failure of the pelvic floor or sphincter
- Kegel exercises
- suburethral sling

Urgency leak
Overactive detrusor: anticholinergics

Cough or laugh
Stress type: Kegel and surgery

Always
Rule out reversible causes: infection, drugs, fecal impaction

Overflow incontinence (retention) and mixed incontinence also exist