

EP19.06. Clinical and sonographic factors associated with urinary incontinence symptoms at 6 months postpartum in women attending a perineal clinic

Cristina Ros, Carla Box, Marina Ferrer, Judith Bruch, Claudia Galan, Cristina Mula, Sonia Anglès, Marta López, Emilia Sánchez, Montse Espuña. ICGON, Hospital Clínic de Barcelona, Universitat de Barcelona.

Objectives

To analyze **clinical and sonographic** factors associated with **urinary incontinence (UI)** symptoms at **6 months postpartum** among women referred to a perineal clinic.

Methods

A prospective study was designed in a university center, including **patients referred for a 6-month postpartum visit from the perineal clinic** between January 2023 and December 2024. Women **were referred to the perineal clinic** if they had **UI symptoms** during **pregnancy**, **instrumental** delivery, primiparity and **macrosomia**, and intrapartum detection of obstetric anal sphincter injuries (**OASI**) and/or the levator ani muscle (**LAM**) injury. If at initial visit (8-12 weeks postpartum) women had a suspected LAM injury or OASI or persistent symptoms of pelvic floor disorders, were referred to the gynecologist for a specialized visit at 6 months.

During this visit at 6 months pospartum, women were divided into **two groups** according to the **ICIQ-UI-SF** questionnaire score: **NO-UI group** if the ICIQ-UI-SF score was **≤5** and **UI group** if the ICIQ-UI-SF score was **>5**. A pelvic examination and a pelvic floor ultrasound (PFUS) was performed (BK Specto, BK Medical).

Results

The study included **244 women** referred to the perineal clinic at 6 months postpartum: **167** (68.4%) in the **NO-UI** group and **77** (31.6%) in the **UI** group (*comparison in Table 1*).

Conclusion

In women referred to a perineal clinic, clinical and sonographic factors associated to UI symptoms at six months postpartum could be detected: age, UI symptoms at 8-12 weeks postpartum, urethral hypermobility, shorter symphysis pubis-bladder neck distance and LAM ballooning.

Variables <i>Mean (SD) or n(%)</i>	Without UI ICIQ-UI-SF≤5	With UI ICIQ-UI-SF<5	p
Maternal age (years)	35.7 (4.8)	37.3 (4.8)	0.011
Body mass index (Kg/m²)	23.1 (3.8)	24.0 (4.5)	0.231
Primiparity	128 (77.6)	55 (73.3)	0.469
Instrumental delivery	77 (46.1)	29 (37.7)	0.217
Episiotomy	57 (35)	19 (25.7)	0.178
UI during pregnancy	23 (15.9)	38 (53.5)	<0.001
PFMT during pregnancy	60 (47.6)	31 (48.4)	1.00
Newborn birth weight (g)	3357.0 (646.7)	3282.6 (475.5)	0.257
Breastfeeding at 6 months	141 (88.7)	57 (80.3)	0.101
ICIQ-UI-SF at 8-12 weeks	2,2 (5)	10.7 (5.4)	<0.001
Oxford at 6 months	2.3 (1.2)	2.1 (1.1)	0.310
Bladder neck descent by TPUS (mm)	15.6 (6.8)	18.9 (7.3)	0.001
Urethral hypermobility (>15 mm)	89 (53.6)	59 (76.6)	0.001
SP-BD distance (mm)	25.1 (5.6)	22.4 (6.8)	0.001
Right LAM integrity	112 (67.9)	47 (61)	0.227
Left LAM integrity	143 (86.7)	66 (85.7)	0.293
Ballooning	18 (11.8)	19 (27.5)	0.006

Table 1. Comparison between women with and without urinary incontinence (UI) symptoms, attending to a perineal clinic, at 6 months postpartum.