



**South Tees Hospitals**  
NHS Foundation Trust

Gynaecology

# Stress Incontinence Devices

INFORMATION  
FOR PATIENTS

Please see below a selection of devices that can be purchased online. We do not prescribe or formally recommend the use of these as there is very limited evidence to support their effectiveness, however we appreciate patients may still wish to explore alternative self-management options. **These devices are not available via the NHS.**

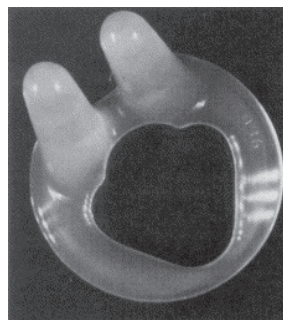
## Urethral inserts

These small plugs are inserted into the urethra by women to prevent leakage, and are removed prior to urination. They tend to be uncomfortable and carry a high risk of urinary tract infection, and so are not a popular form of incontinence treatment.



## Bladder neck support devices

This device is a flexible ring with two ridges. Once inserted into the vagina, the ridges press against the vaginal walls and support the urethra. By lifting the bladder neck, it provides better bladder control in women suffering from stress incontinence. The device needs to be sized to fit, and must be removed and cleaned after urination. Bladder neck support devices can be uncomfortable and may cause urinary tract infections and vaginal irritation/ abrasion.



## Vaginal bladder support

Internal vaginal devices are placed inside the vagina to support the bladder neck or compress the urethra and thereby reduce or prevent leakage. They carry the same risks as the devices previously mentioned.



## Urethral seal pads

These are adhesive foam pads which women place over the urethral opening. The pad creates a seal and prevents the leakage of urine, providing incontinence treatment. The pad is removed before urination and replaced with a new one afterward. The pad can



be worn during exercise or physical activity, but shouldn't be worn during sexual intercourse.

They should only be used to manage stress incontinence. They are associated with the same risks as all the devices.

## References:

<https://www.nice.org.uk/guidance/ng123>

<https://www.nhs.uk/conditions/urinary-incontinence/incontinence-products/>

<https://www.bladderandbowel.org/bladder/bladder-incontinence-products/>

## Patient Experience

South Tees Hospitals NHS Foundation Trust would like your feedback. If you wish to share your experience about your care and treatment or on behalf of a patient, please contact The Patient Experience Department who will advise you on how best to do this.

This service is based at The James Cook University Hospital but also covers the Friarage Hospital in Northallerton, our community hospitals and community health services.

To ensure we meet your communication needs please inform the Patient Experience Department of any special requirements, i.e. Braille/ Large Print.

T: 01642 835964

E: [stees.patient.experience@nhs.net](mailto:stees.patient.experience@nhs.net)

The James Cook University Hospital,  
Marton Road, Middlesbrough, TS4 3BW. Tel: 01642 850850

Author: Urogyanecology Team

Issue Date: September 2021 Review Date: September 2023

ST1880