**Patient information**

**Operation for urinary incontinence**

**Vaginal sling procedure with prolene tape**

**(TVT and TVTO)**

**Before the operation**   
You have been informed about the operation during the preliminary examination /"journal recording". If you are taking medication, it is important that your medication list is updated

**Surgical method/anaesthetic**

Regarding the operation, there are two surgical methods that we use for urinary incontinence (leakage), either TVT or TVTO. In both procedures a small incision is made in the front wall of the vagina, and a loop of tape made of a synthetic material (polypropylene) is placed under the urethra (the tube that carries urine out of the body) so that the urethra receives support from below. The tape loop is either threaded upwards and attached on each side of the urethra (TVT), or out to each side under the pelvis, towards the groin (TVTO).   
You have to be awake during a TVT operation, so that you can cooperate and cough on command, allowing the tape to be tightened correctly.

TVTO is carried out under a brief general anaesthetic, but can also be done using spinal anaesthesia/block.

You will receive a dose of antibiotics before the procedure to help prevent infection.

**Complications**  
In all surgical procedures there is a relatively rare and small risk of bleeding or infection. One can inadvertently make a hole in the bladder, but this is usually a harmless complication. In very unusual cases, there can be a foreign body reaction to the tape. In some patients, it may take some time for normal urination to get going again; this usually sorts itself out after a while. However, some may experience persistent over-frequent passing of urine, and difficulties emptying the bladder afterwards. In rare cases, small sections of the tape may become visible in the vagina some time after the operation. This can be corrected either under local anaesthetic, or a brief general anaesthetic.

**After the operation**The doctor will inform you about the operation before you go home.

You can return home when you can pass water adequately. During the first days following the operation, it can be somewhat difficult to empty the bladder completely due to swelling around the urethra, but most patients do manage this the same day, or the day after the operation.

The force of the urine stream can be a little reduced after this type of operation. It is therefore important to take your time on the toilet when passing water, so that the bladder is completely emptied. Many also experience that they must pass water several times in a row, especially in the morning. This usually improves by itself eventually. There may be a change in urge leakage after the operation (improvement or worsening).

After TVTO most patients can experience tenderness in the uppermost part of the thigh because the tape is threaded through at the point where the inner thigh muscle is attached. This usually resolves itself over the course of a few days, but can sometimes last for several weeks.

You can resume normal activity shortly after the operation. There are no restrictions concerning lifting, but it may feel uncomfortable in the beginning. You should avoid intercourse and cycling for four weeks after the operation. The stitches in the skin and vagina will loosen by themselves, usually after a couple of weeks. If the stitches are irritating, you can remove them yourself after a week. Any wound tape can be removed after 1 week. Normally a sick note for 1-7 days is sufficient, you will receive a check-up appointment with the nurse 12 months after the operation.

**After returning home**Contact the department where you were operated if:

* You cannot pass water
* You have a temperature in excess of 38 degrees which does not normalise within 2 days
* The wound bleeds heavily

**Outpatient Surgical Department**   
Contact us on tel.: **51 51 44 99**. Open until 18:00 on weekdays. For inquiries after 17:00 or on weekends contact **The Gynaecological Ward 4AC** on tel. no.: **51 51 82 92**

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**Welcome to the Women`s Clinic**Stavanger University Hospital

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[Siter kilden din her.]