



Glossary of terms Urinary Incontinence

Anaesthesia (general, spinal, or local)	Before a procedure you will get medication to make sure that you don't feel pain. Under general anaesthesia you are unconscious and unaware of what is happening to you. Under spinal or local anaesthesia you will not feel pain in the part of your body where the procedure is done. Anaesthesia wears off gradually after the procedure.
Benign prostatic enlargement (BPE)	An enlargement of the prostate related to hormonal changes with age.
Bladder	Organ which collects urine from the kidneys.
Bladder neck	The group of muscles that connect the bladder to the urethra. These muscles contract to keep the urine in the bladder, and relax to let the urine pass to the urethra.
Bladder wall	The different layers of tissue that shape the bladder.
Catheter	A hollow flexible tube to insert or drain fluids from the body. In urology, catheters are generally used to drain urine from the bladder.
Contraindications	Any symptoms or conditions that make a certain treatment option undesirable.
CT-scan	Imaging technique that makes a series of x-ray images of the body. CT stands for Computed Tomography.
Cystoscope	A type of endoscope which is used in the urethra (<i>see also</i> Endoscope, Urethra).
Cystoscopy	A procedure in which the doctor looks inside your body with a cystoscope inserted through the urethra (<i>see also</i> Cystoscope, Urethra).
Detrusor	A smooth muscle found in the bladder wall. The detrusor muscle remains relaxed to allow the bladder to store the urine, and contracts during urination to release the urine.
Endoscope	A tube-like instrument to examine the inside of the body. Can be flexible or rigid.
Fatigue	This means you feel more tired than usual, you are out of energy, and it doesn't get better after you sleep. You may also experience pain in your joints, muscles, and chest.

First-line treatment	The first treatment given for a disease. It is often part of a standard set of treatment options.
Gynecological	Having to do with the health of the female reproductive system, including the vagina, uterus and ovaries, and the breasts.
Imaging	Taking images of the body with ultrasound, x-ray or other scanning techniques.
Invasive	Any procedure in which the doctor inserts instruments into the body, or parts of the body.
Indwelling catheter	A tube placed in the urethra and bladder to help you urinate.
Intermittent catheter	A tube placed in the urethra and bladder to help you urinate. An intermittent catheter is manually placed and removed several times a day, to empty the bladder fully.
Labia	The inner and outer folds of the vulva, on either side of the vagina.
Laparoscopic surgery	A minimally-invasive surgical technique in which the surgeon does not need to cut through skin and tissue. Instead, the surgeon inserts the surgical instruments through small incisions in your abdomen.
Ligament	A short band of tough, flexible fibrous tissue which connects two bones or cartilages, or holds together a joint.
Minimally-invasive procedure	A surgical procedure where there is no need to make an incision in the body.
Mixed urinary incontinence	Having symptoms of both stress urinary incontinence and urgency urinary incontinence.
MRI scan	Magnetic Resonance Imaging is a technique in which strong magnetic fields and radio waves are used to make images of the body.
Neurogenic lower urinary tract dysfunction	A complication in the lower urinary tract caused by problems in the nervous system that influences its activity.
Nocturia	The need to wake up at night to urinate.
Oestrogen	The main female sex hormones which control female characteristics of the body and are important to the reproductive and menstrual cycle.
Open surgery	A surgical procedure in which the surgeon cuts skin and tissue to have direct access to the structures or organs.

Overactive Bladder Symptoms	A collection of urinary storage symptoms, including urgency, incontinence, frequency, and nocturia.
Pad test	During the pad test your doctor asks you to wear an absorbent pad. Usually the test lasts between 1 and 24 hours. You have to weigh the amount of urine absorbed by the pad.
Pelvic floor muscles	Muscles that support the pelvic organs, including the bladder and rectum.
Perineum	The area between the anus and the scrotum or vulva.
Pessary	A small soluble block that is inserted into the vagina to treat infection or as a contraceptive. It can also refer to an elastic or rigid device that is inserted into the vagina to support the uterus.
Physical	Having to do with or affecting the body.
Post void residual urine (PVR)	The amount of urine left in the bladder after urination.
Prostate	The gland which produces the fluid which carries semen. It is located in the male lower urinary tract, under the bladder and around the urethra (see <i>also</i> Bladder, Lower urinary tract, Urethra).
Prostatectomy	A surgical procedure in which part of the prostate is removed.
Radical prostatectomy	A surgical procedure in which the entire prostate is removed.
Retropubic	Behind the pelvic bone.
Rectum	The final section of the large intestine, ending at the anus.
Second-line treatment	Treatment that is given when initial treatment does not work, or stops working. Stress Urinary Incontinence
Stress urinary incontinence (SUI)	When your urethra or urinary sphincter cannot resist the pressure of a full bladder. As a result, you lose urine when the pressure on your lower urinary tract suddenly increases. This can happen during activities like coughing, sneezing, or laughing, exercise like running or jumping, or carrying heavy things like groceries.
Scrotum	A pouch of skin containing the testicles.
Titanium port	The metallic part of an artificial compression device (also known as balloons) that serves to adjust the pressure of the device.
Transobturator	Through the natural space in the hip bone.

Urethra	The tube which carries urine from the bladder and out of the body.
Urethral wall	The layer of tissue that shapes the urethra.
Urgency	The sudden need to urinate.
Urgency incontinence	Urgency urinary incontinence (UUI) happens when you get a sudden need to urinate which you cannot postpone. The bladder muscle contracts and you urinate when you do not want to.
Urethral sphincter	The muscles used to control the exit of urine in the bladder, through the urethra. When either one of the muscles contracts, the urethra is sealed shut.
Urinary frequency	The need to urinate more often than usual, generally more than 8 times a day.
Urinary incontinence	Involuntary loss of urine.
Urinary tract	The organ system which produces and transports urine through and out of the body. It includes two kidneys, two ureters, the bladder and the urethra. The urinary tract is similar in men and women, only men have a longer urethra.
Urination cycle	The urinary cycle has two phases. One is when the bladder fills up, and it is followed by the urination phase, where the bladder empties.
Urine leakage	The accidental escape of urine from the bladder.
Urodynamic test	Urodynamics is generally used as a collective term for all tests of bladder and urethral function. It is widely used to direct decisions about treatment and provide prognostic information.
Uroflowmeter	A special funnel that is used during a uroflowmetry test. The funnel is connected to a measuring instrument that calculates the amount of urine, rate of flow in seconds, and length of time until you finish urinating.
Ultrasonography	Imaging technique that uses high-frequency sounds to make an image of the inside of the body (<i>see also</i> ultrasound).
Vagina	The muscular tube leading from the external genitals to the cervix of the uterus in women.
Vulva	The female external genitals.

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This leaflet is part of EAU Patient Information on Urinary Incontinence. It contains general information about diagnosis and assessment of the condition and available treatment options. If you have any specific questions about your individual medical situation you should consult your doctor or other professional healthcare provider. No leaflet can replace a personal conversation with your doctor.

This information was produced by the European Association of Urology (EAU) in collaboration with the EAU Section of Female and Functional Urology (ESFFU), and the European Association of Urology Nurses (EAUN).

The content of this leaflet is in line with the EAU Guidelines.

You can find this and other information on urological diseases at our website: <http://patients.uroweb.org>

Series contributors:

Prof. Dr. Frank van der Aa	Leuven, Belgium
Dr. Jean-Nicolas Cornu	Paris, France
Ms. Sharon Holroyd	Leeds, United Kingdom
Prof. Dr. José Enrique Robles	Navarra, Spain
Ms. Eva Wallace	Dublin, Ireland