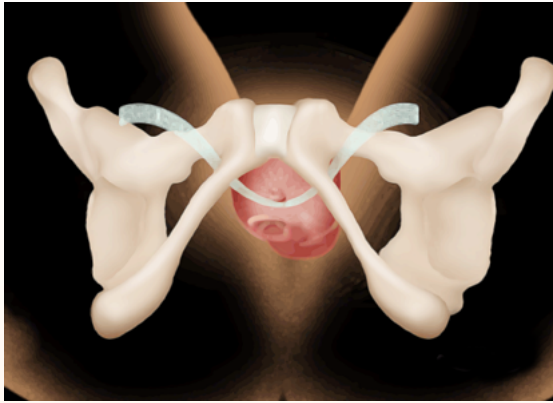


## Tension-free Vaginal Tape (TVT) / Tension-free Vaginal Tape - Obturator (TVTO)

Tension-free Vaginal Tape (TVT) is a minimally invasive surgical treatment for women with stress incontinence. The main benefits of the TVT procedure are:

1. Simple: This minimally invasive procedure can be completed within 30 minutes.
2. Shorter recovery time, fewer complications, less pain and a much smaller scar as compared to other conventional surgical treatments.
3. Can be performed under regional or general anaesthesia.
4. Effective: 85 to 90% success rate in treating stress incontinence.

The HKSH Obstetrics & Gynaecology Centre offers comprehensive check-up, treatments and professional advice. Please contact us for any enquiries.



Tension-free Vaginal Tape-Obturator (TVT-O)

## HKSH Obstetrics & Gynaecology Centre

### Happy Valley

Hong Kong Sanatorium & Hospital  
5/F, Li Shu Fan Block  
2 Village Road, Happy Valley, Hong Kong  
Tel: (852) 2835 7878  
Fax: (852) 2892 7581

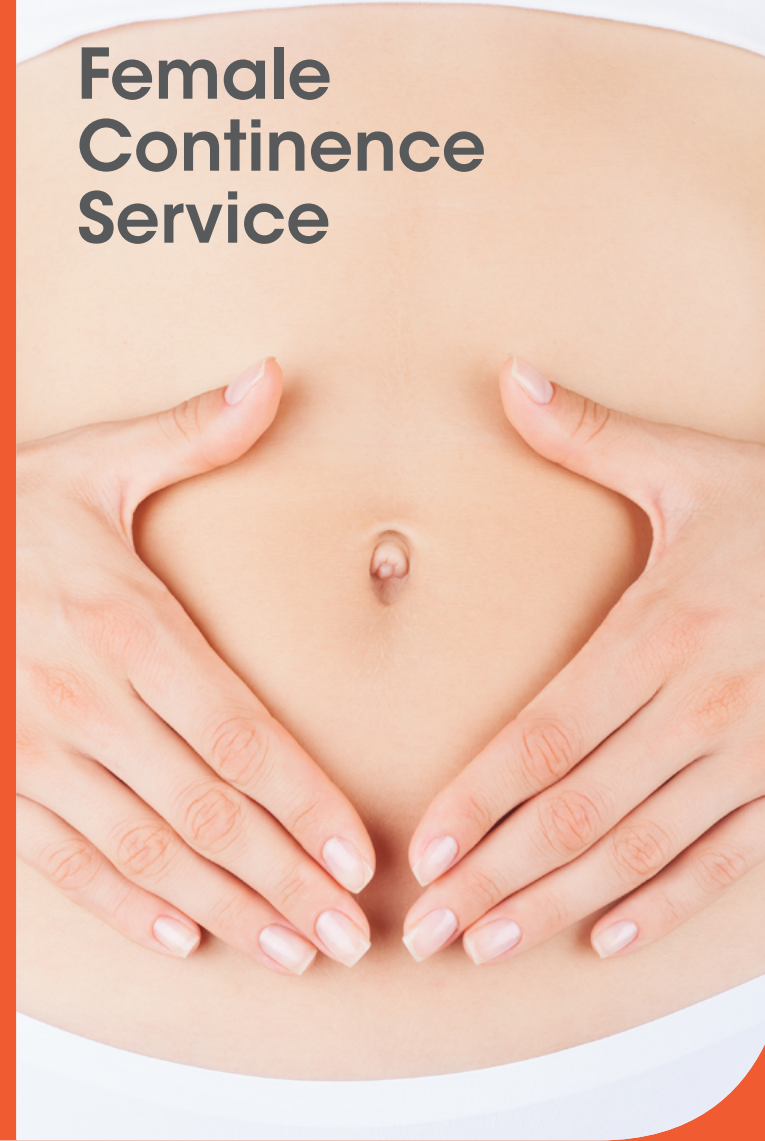
Email: [ogc@hksh-hospital.com](mailto:ogc@hksh-hospital.com)  
[www.hksh-hospital.com](http://www.hksh-hospital.com)

### Service Hours

Monday to Friday: 9:00 am – 5:00 pm  
Saturday: 9:00 am – 1:00 pm  
Closed on Sundays and Public Holidays  
Consultation by Appointment



## Female Continence Service



For enquiries and appointments,  
please contact us

## Female urinary incontinence

Female urinary incontinence is the involuntary loss of urine. It is a common condition in women, affecting about 15 to 20% of those aged 40 years and above. For those with this condition, it can be embarrassing and inconvenient. With proper medical care and treatment, however, the majority of these women can vastly improve their quality of life. Therefore, if you are suffering from urinary incontinence, seek advice from your doctor or come to our Female Continence Centre.



## Types

There are two major types: Stress Urinary Incontinence and Urge Urinary Incontinence.

**Stress Urinary Incontinence** is the involuntary loss of urine that occurs while coughing, sneezing, laughing, running or exercising. It is most often caused by a weakness in the pelvic floor muscles resulting from childbirth, pelvic surgery or menopause.

**Urge Urinary Incontinence** is the uncontrolled loss of urine when there is a strong desire to urinate. This is caused by overactive bladder muscles.

These two conditions can be mixed and proper diagnosis is mandatory.

## Diagnosis

In order to maximise success of treatment, a correct diagnosis of the type of urinary incontinence is very important, as each type is managed differently.

A detailed history taking and testing with urodynamics will be done to separate out these two types. Your doctor will obtain a detailed medical history including voiding pattern, urinary symptoms and conditions that lead to urinary leakage.

## Urodynamics

The urodynamics test looks at the function of the bladder and urethra. The study is an outpatient procedure. During the examination, small catheters are placed in the bladder and rectum to record the bladder pressures. It usually takes half an hour and is painless.

## Treatment

After diagnosis, a treatment plan can be tailored to the type of incontinence.

1. Urge incontinence: inappropriate bladder contractions that lead to urge incontinence can be improved by time voiding, bladder training and medications.
2. Stress urinary incontinence can be improved by pelvic floor exercises or surgery. When conservative treatment fails, surgery can be performed. Tension-free Vaginal Tape Implantation (TVT) is the most commonly performed surgery for stress incontinence.



Tension-free Vaginal Tape Implantation (TVT)