

Retrograde urethral sphincterometry

1 Guidance

1.1 Current evidence suggests that there are no major safety concerns associated with retrograde urethral sphincterometry. However, there is a lack of evidence on the diagnostic utility of this procedure (that is, the extent to which knowledge of its results improves patients' outcomes) and it should be performed only in the context of good-quality research.

2 The procedure

2.1 Indications

- 2.1.1 Stress urinary incontinence is the involuntary leakage of urine during exercise or certain movements such as coughing, sneezing and laughing. It is usually caused by weak or damaged muscles and connective tissues in the pelvic floor and urethral sphincter.
- 2.1.2 Diagnosis of stress urinary incontinence is usually based on symptoms, examination and exclusion of underlying causes or comorbidity.
- 2.1.3 Retrograde urethral sphincterometry measures the pressure needed to open, and just keep open, a closed urethra by the retrograde infusion of fluid. This has been proposed as an assessment of urethral function in women with symptoms of stress urinary incontinence.
- 2.1.4 Established tests of urethral function include urethral pressure profilometry (UPP) and valsalva leak point pressure. Radiographic assessment of urethral function can be done using videocystourethrography.

2.2 Outline of the procedure

2.2.1 Retrograde urethral sphincterometry (RUS) involves placing a cone-shaped device a short distance (about 5 mm) into the external urethral meatus. The device then infuses fluid at a controlled rate into the urethra. The pressure required to open the urethral sphincter is displayed on the device.

2.3 Efficacy

- 2.3.1 Preliminary data on the use of this procedure in women with stress urinary incontinence found that there was a weak relationship between the results of this test and other standard tests. In a trial of 258 symptomatic women the mean retrograde urethral pressure as measured by RUS was 71 cm H₂O, and the mean values were reported as decreasing with increasing symptom severity. In another study, the mean retrograde urethral pressure was found to be 112.6 cm H₂O in 61 asymptomatic women.
- 2.3.2 The impact of this procedure on patient outcomes is currently unclear. For more details, refer to the sources of evidence.
- 2.3.3 The Specialist Advisors noted that efficacy outcomes are yet to be established.

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This guidance is written in the following context

This guidance represents the view of the Institute which was arrived at after careful consideration of the available evidence. Healthcare professionals are expected to take it fully into account when exercising their clinical judgement. This guidance does not, however, override the individual responsibility of healthcare professionals to make appropriate decisions in the circumstances of the individual patient, in consultation with the patient and/or guardian or carer.

Interventional procedures guidance is for healthcare professionals and people using the NHS in England, Wales and Scotland.

This guidance is endorsed by NHS QIS for implementation by NHSScotland.

2.4 Safety

- 2.4.1 In a study of 258 women, pain (2%) and dysuria (2%) were the two most commonly reported complaints. A total of 12 adverse events were noted in a study of 61 asymptomatic women who had RUS; these included lower back pain (2%), discomfort (2%), urethral pain (3%), dysuria (3%), urinary urgency (3%), urinary frequency (3%) and transient incontinence (3%). For more details, refer to the sources of evidence.
- 2.4.2 The Specialist Advisors noted urinary tract infection and mild discomfort as potential adverse events.

Andrew Dillon
Chief Executive
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Information for the public

NICE has produced information describing its guidance on this procedure for patients, carers and those with a wider interest in healthcare. It explains the nature of the procedure and the decision made, and has been written with patient consent in mind. This information is available from www.nice.org.uk/IPG167publicinfo

Sources of evidence

The evidence considered by the Interventional Procedures Advisory Committee is described in the following document. 'Interventional procedure overview of retrograde urethral sphincterometry', April 2005.

Available from: www.nice.org.uk/ip296overview

Ordering information

Copies of this guidance can be obtained from the NHS Response Line by telephoning 0870 1555 455 and quoting reference number N1018. *Information for the public* can be obtained by quoting reference number N1019.

The distribution list for this guidance is available at www.nice.org.uk/IPG167distributionlist

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