**Introduction:**

Injections into the urethra represent one of the many treatment options available for the management of urinary incontinence. Injectable agents work by forming a urethral seal ‘bulking’ the outlet of your bladder.

Bulkamid is an injectable soft-tissue bulking agent made of polyacrylamide hydrogel that is permanent and not absorbed by the body. 75% of patients report improvement after treatment, with a 70% reduction in number of incontinence episodes and a 66% reduction in amount of leakage.

**The procedure:**

This is usually performed under local anesthetic in the ambulatory care department. Your doctor will inject freezing gel in the urethra and then insert a small telescope to visualize the urethra. Bulkamid is then injected into the lining of the urethra with a small needle. There will be some discomfort with each injection. The whole procedure typically takes 5 minutes or so.

You should avoid physical activity on the day of the procedure. You should be able to return to work the day after the procedure. Expect some mild bleeding and discomfort from the urethra and some irritative urinary symptoms (such as burning when you urinate) for up to a week following procedure. If bleeding is heavy please go to the emergency department where a catheter may be inserted in order to help clear the blood clots. Avoid sexual intercourse and tampon use for 4 weeks following the procedure.

**Potential Risks:**

Fortunately, injectable agents have been demonstrated to be safe and complications have been rare. Complications are usually temporary and may include urinary retention (5-10%), irritative urinary symptoms (frequency, dysuria), blood in the urine, and UTI (5%). More serious complications are very rare (<1%) and may include prolonged pain at injection site, abscess at injection site, and allergic reaction to injectable agent.

**Questions?:**

It is important that you are fully informed and have had all your questions answered prior to the procedure. If you have any questions or concerns at any time before or after the procedure, please discuss these with us.