**Preoperative Patient Information Sheet**  
**Midurethral Sling for Stress Urinary Incontinence**

**What is a Midurethral Sling?**

A midurethral sling is a minimally invasive surgical procedure used to treat **stress urinary incontinence (SUI)**—a condition where urine leaks during coughing, laughing, sneezing, or physical activity. The sling is a narrow strip of synthetic mesh placed under the urethra to provide support and help prevent urine leakage.

**Benefits of the Midurethral Sling Procedure**

* ✅ **High success rate**: Most women experience significant or complete improvement in their incontinence.
* ✅ **Minimally invasive**: Small incisions, less pain, and quicker recovery.
* ✅ **Same-day surgery**: Typically performed as an outpatient procedure.
* ✅ **Durable**: Long-term studies show sustained improvement in continence.
* ✅ **Improved quality of life**: Many patients return to normal daily and physical activities without fear of leakage.

**What to Expect During Surgery**

* The procedure usually takes **20–30 minutes**.
* It is performed under **local, regional, or general anesthesia**.
* A small incision is made in the vaginal wall, and the sling is placed under the mid-portion of the urethra.
* Most patients go home the same day.

**Recovery After Surgery**

* Mild vaginal spotting and discomfort are common for a few days.
* Avoid heavy lifting, vigorous exercise, and intercourse for about **4–6 weeks**.
* Most women return to work and normal routines within **1–2 weeks**.
* A postoperative check-up is typically scheduled within a few weeks.

**Risks and Potential Complications**

While the procedure is generally safe, all surgeries carry some risk. Possible complications include:

* ❗ **Urinary retention** (difficulty urinating)
* ❗ **Urinary urgency or frequency**
* ❗ **Infection** (urinary tract or wound infection)
* ❗ **Bleeding or bruising**
* ❗ **Mesh-related complications**, such as:
  + Mesh exposure in the vaginal wall
  + Pain during intercourse
  + Erosion into the urethra or bladder (rare)
* ❗ **Need for revision surgery** (rare)
* ❗ **Injury to bladder, urethra, or blood vessels** (rare)

**Alternatives to Surgery**

If you are unsure about surgery, there are other treatment options for SUI, such as:

* Pelvic floor physical therapy
* Pessary devices
* Behavioral modifications (fluid management, bladder training)
* Medications (limited effectiveness for SUI)

**Informed Decision**

It is important that you understand the potential risks and benefits of this surgery and have the opportunity to ask questions. Please discuss any concerns with your provider before the procedure.