

## O2

### COMPLIANCE WITH URESTA (CURE) STUDY; A 12 MONTH FOLLOW-UP OF 40 WOMEN

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#### Introduction:

The Uresta bladder support is an effective management option for women with stress urinary incontinence (SUI), however, there is a lack of data assessing long-term compliance. Objective: The objective of this study was to assess compliance at 12 month follow-up in women using the Uresta bladder support for exercise related SUI.

#### Methods:

This was a prospective study advertised on social media, running clubs and gyms. Participants were fitted with a Uresta bladder support and followed up over a 12 month period. Power calculation recommended a sample size of 43. Ethical approval was obtained. Outcomes were assessed using the PUQ, ICIQ-FLUTS, UDI-6, IIQ-7, QUID and PGI-I questionnaires.

#### Results:

Forty-six women were recruited with an average age, BMI and parity of 42, 24 and 2.3 respectively. The most common activities were running (48%) and CrossFit (22%). Six participants withdrew after 2 weeks. Compliance was 90% at 12 months (n=40). Uresta insertion and removal was 'okay', 'easy' or 'very easy' for 86% and 75% respectively. Leakage was improved (n=13), greatly improved (n=12) or stopped (n=5) for 83% of participants, 75% were 'much better' or 'very much better' on the PGI-I scale, and 94% would recommend Uresta to a friend. There were no adverse events.

#### Conclusion:

The Uresta bladder support is a safe, effective, user-friendly management option for women who experience SUI during exercise with excellent long-term compliance. Further studies are required to identify predictors of successful fitting and efficacy, compare outcomes with different devices, and develop a validated questionnaire assessing SUI with exercise.