



Patient Information Leaflet: Deflux Injection for Stress Urinary Incontinence (SUI)

What is Stress Urinary Incontinence?

Stress urinary incontinence (SUI) is the unintentional leakage of urine during physical activity, such as coughing, sneezing, laughing or exercising. It is often caused by weakness in the pelvic floor muscles or a lack of support around the urethra (the tube that carries urine out of the body).

What is Deflux and How Does it Help?

Deflux is a gel-like substance that can be injected around the urethra to provide extra support and improve closure. It acts as a '**bulking agent**', helping the urethra stay closed during pressure from everyday movements.

This minimally invasive treatment is suitable for some women with mild to moderate stress incontinence who want to avoid or delay surgery.

What Does the Procedure Involve?

- The procedure is done under **local anaesthetic**, usually in a day-case setting
 - A thin telescope (cystoscope) is gently passed into the bladder through the urethra
 - Deflux is injected into the tissues surrounding the urethra using a fine needle
 - The injection bulks up the tissue to improve support and reduce leakage
 - The procedure typically takes **15–20 minutes**, and you can usually go home the same day
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Will It Hurt?



You may feel a slight sting from the local anaesthetic and mild pressure during the injection, but the procedure is generally well tolerated. Some people notice mild discomfort or a burning sensation when passing urine for a day or two afterwards.

After the Procedure

What to Expect:

- **Mild burning when passing urine** for 24–48 hours
 - **Slight blood in the urine** may be visible — this is normal and should clear quickly
 - **Increased urgency or frequency** for a few days
 - Most people return to normal activities the next day
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Aftercare and Recovery

- **Drink plenty of water** for the first 24 hours to help flush the bladder
 - Avoid heavy lifting, vigorous exercise or sexual activity for **3–5 days**
 - Avoid caffeine, alcohol and spicy foods for a few days if your bladder feels sensitive
 - You may be advised to keep a bladder diary and return for a follow-up appointment
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Are There Any Risks?

Deflux injection is generally safe. Possible side effects may include:

- Temporary discomfort or urgency when urinating
- Urinary tract infection (UTI)
- Small amount of blood in the urine
- In rare cases, difficulty emptying the bladder completely

If you experience:

- Fever or chills
- Persistent burning or pelvic pain



- Difficulty passing urine
- Heavier bleeding or cloudy, foul-smelling urine

please contact the clinic or seek medical advice.

Will It Work Straight Away?

Some patients notice an improvement soon after the injection. Others may need a few weeks to feel the full effect. In some cases, more than one injection may be required to achieve the desired result.

Your consultant will discuss this with you based on your symptoms and bladder function.

Who is the Treatment Suitable For?

Deflux is most effective in:

- Women with mild to moderate stress incontinence
- Those who prefer a non-surgical option or are not suited to surgery
- Individuals looking to delay more invasive treatments

It may be less effective in cases of severe incontinence or if the bladder is overactive.

Questions or Concerns?

Please don't hesitate to ask questions — we're here to support you before, during and after your treatment.

 **The Forbury Clinic**
 0118 9207040