



Lancashire Gynaecologist

Eric Mutema

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PCOS and how it can
affect bladder health

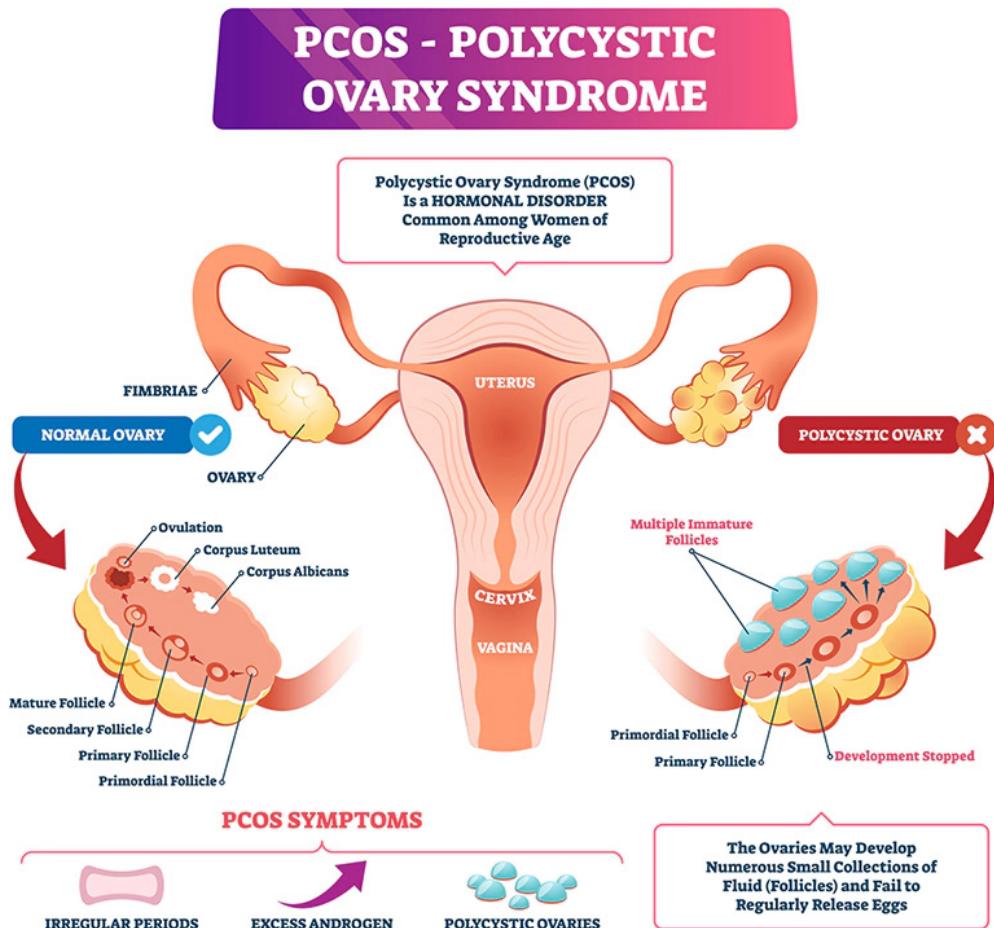
PCOS and how it can affect bladder health

Polycystic ovary syndrome (PCOS) affects more than your ovaries. It can influence many aspects of health, including your bladder and pelvic floor. This article explains how PCOS might relate to bladder health, and practical steps you can take to feel more in control.

The facts and symptoms

Polycystic ovary syndrome (PCOS) can affect bladder function and pelvic floor support through a mix of factors. Weight management challenges, insulin resistance and chronic inflammation often intersect with pelvic health, while hormonal fluctuations can alter tissue elasticity, vaginal mucus and pelvic floor tone, all of which can impact continence and comfort. In some PCOS cases, obesity and metabolic syndrome are linked to more urinary symptoms and a higher risk of pelvic floor disorders.

Common urinary symptoms in PCOS include urgency and frequency (a sudden need to urinate or needing to go many times a day) and nocturia (waking at night to urinate), which can disrupt sleep and worsen fatigue. Stress incontinence (leakage with coughing, sneezing, laughing, or lifting) and a combination of urinary urgency with leakage are also seen. Because these symptoms resemble those from other conditions such as overactive bladder, urinary tract infections, pelvic floor weakness, or prolapse, a careful history, physical exam and targeted testing are important to distinguish them. Red flags that require urgent evaluation include blood in the urine, fever with back pain, an inability to urinate, or severe pelvic pain.





Symptom management

We recommend beginning symptom management with a focus on lifestyle and daily habits.

Achieving steady hydration throughout the day is important, while avoiding excessive fluid intake late at night can help reduce nocturia. Limiting caffeinated beverages and alcohol is advised if these trigger or worsen urgency and frequency. Prioritising regular sleep patterns supports overall symptom perception and pain tolerance.

Maintaining a bladder diary is a practical tool to identify triggers, patterns, and relief strategies. A diary can help track symptoms, fluid intake, caffeine and alcohol consumption, leakage episodes, how many times you need the toilet at night and the activities surrounding symptom onset.

Gentle, consistent physical activity and gradual weight management can have a positive effect on bladder symptoms and general health. Pelvic floor physical therapy (PFPT) enhances pelvic floor strength, coordination, and endurance. Pelvic floor exercises, including correctly performed pelvic floor muscle training (Kegels), can also help improve stress incontinence.

Introducing Perifit Care+

A tool we recommend is the **Perifit Care+** which is a pelvic floor training device that pairs with an app to guide and monitor PFPT-like exercises you can do at home. It provides real-time feedback on pelvic floor contractions, helps you track consistency and effort, and can supplement in-clinic pelvic floor rehabilitation. You can find out more about this device on our [website](#)



When to seek medical help

If symptoms persist despite a comprehensive lifestyle plan and PFPT, if there is ongoing leakage with exertion, a notable change in urinary patterns, blood in the urine, or pelvic pain that interferes with daily life, or if planning pregnancy involves pelvic changes that could affect continence or comfort, consulting a urogynaecologist is advisable.

Sharing information with your urogynaecologist may open options such as medications for overactive bladder or other targeted therapies tailored to specific symptoms. In PCOS patients with obesity and metabolic syndrome, addressing weight and glucose control can gradually improve urinary symptoms over time. Hormonal management is also relevant; some PCOS treatments influence weight and metabolic health, so discussing potential pelvic or bladder-related implications with your gynaecologist is prudent.



Mr Eric Mutema
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The Lancashire Gynaecologist

Mr Eric Mutema is a highly experienced and respected Consultant Obstetrician and Gynaecologist. He founded his private practice, the Lancashire Gynaecologist, to provide a service to women in Lancashire and beyond and respond to the shortage of specialist gynaecological services available to women missing out on individualised care and treatment.

The Lancashire Gynaecologist offers patients individual attention, an empathetic, compassionate approach and patient-centred care. His patients will receive a full consultation that takes their overall health into account and subsequent treatments will be tailored to meet the needs of the individual woman. So please don't wait and put off seeking treatment; we're available, convenient and we can help you.



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