Does she leak urine continuously?

- **YES** MORE likely to be due to Obstetric fistula
- **NO** MORE likely to be due to other causes such as stress incontinence

Did the leakage begin soon after childbirth? Did she have prolonged labor and/or a stillbirth?

- **YES** MORE likely to be due to Obstetric fistula
- **NO** LESS likely to be due to Obstetric fistula; MORE likely due to stress incontinence

Does urine pass through urethral opening with suprapubic pressure?

- **YES** LESS likely to be due to Obstetric fistula
- **NO** MORE likely to be due to Obstetric fistula

Perform careful pelvic exam with speculum: is an opening visible on the wall of the vagina? Palpate: can any opening(s) be felt with a finger?

- **YES** DIAGNOSE Obstetric fistula
- **NO** LESS likely to be due to Obstetric fistula

Inject diluted methylene blue dye through Foley catheter into bladder — does the dye stain a gauze placed in the vagina?

- **YES** DIAGNOSE Obstetric fistula
- **NO** Consider referral for examination under anaesthesia if urine leakage persists

Is the client less than 4 weeks postpartum?

- **YES** This is an Obstetric fistula which MAY rarely heal without surgery — gently debride any necrotic tissue, sitz bath for perineal care, Foley catheter x 4 weeks with weekly reassessment, encourage 4 liters fluid intake daily, Recommend surgery if still leaking after 4 weeks.
- **NO** MORE likely to be Obstetric fistula requiring surgical repair
Preparing for Obstetric Fistula Repair:

NUTRITION
High protein diet, iron/folate supplements

LAB SCREENING
Blood type and Hgb, urine microscopy, stool for parasites

TREATMENT
Treat infection if necessary

HEALTH AND HYGIENE
Perineal care 2x day, encourage fluid intake of at least 4 liters water per day, discuss family planning needs

COUNSELING
Will need catheter for at least 2 weeks after surgery, family planning, HIV and hygiene counseling. Inform clients to refrain from penetrative sexual relations for 3 months, and that even after surgery, some women may be wet. Emphasize importance of early antenatal care, skilled attendance and the potential of C/S delivery for any future pregnancies.

References


EngenderHealth
for a better life

IntraHealth
because Health Workers Save Lives.