

some cases, the patient will become asymptomatic afterwards

- Overactive bladder symptoms can be treated with an **anticholinergic**
- In most cases, **surgery** proves necessary
- When you identify a urethral diverticulum during pregnancy, manage the patient conservatively during the antenatal period
- A patient who has an asymptomatic urethral diverticulum can be managed expectantly, but perform a pelvic exam periodically.

When is surgery appropriate? By what method?

Several observations are useful:

- Hardness or induration of the diverticular mass is extremely rare; such a finding should prompt surgical excision because it may signal **cancer**
- **Marsupialization** has been demonstrated to be successful for very distal and small urethral diverticula
- Most diverticula at the level of the midurethra and proximal urethra require some form of **excision**, broadly classified as partial ablation or complete excision
- Placement of a **suburethral sling** is controversial, but some experts believe that, to prevent stress incontinence, this intervention should be undertaken simultaneously with any other surgical treatment for diverticula of the proximal urethra
- Sometimes a **Martius fat pad** must be brought into the field to avoid devascularization and breakdown of the repair. When a suburethral sling is necessary, we routinely place a Martius flap between the urethra and the sling. ■

VIEW AN **Accompanying Video**

To watch a demonstration of various surgical techniques for managing urethral diverticula, visit www.obgmanagement.com



FAST TRACK

A urethral diverticulum identified during pregnancy calls for conservative management antenatally

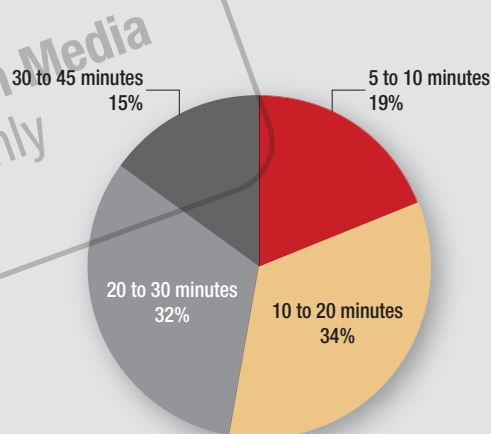
INSTANT POLL RESULTS

Here's how you and your peers voted

What is your crash C-section time?

A woman at term presents to your triage unit with persistent fetal bradycardia confirmed by ultrasonography.

From the time you call for a crash cesarean section, approximately how long does it take your team to deliver?



Metabolic syndrome

Diagnosis requires that we measure waist circumference and blood pressure, and obtain measurements of fasting glucose, triglycerides, and HDL-C. Are you collecting this information from your patients?

