

Patient Information



You have consulted your surgeon who, following a uro-gynaecological examination and possibly a urodynamic investigation, has suggested a minimally invasive operation to provide urethral support using a Monarc™ hammock.

This operation is performed in order to correct stress urinary incontinence or urgency incontinence.



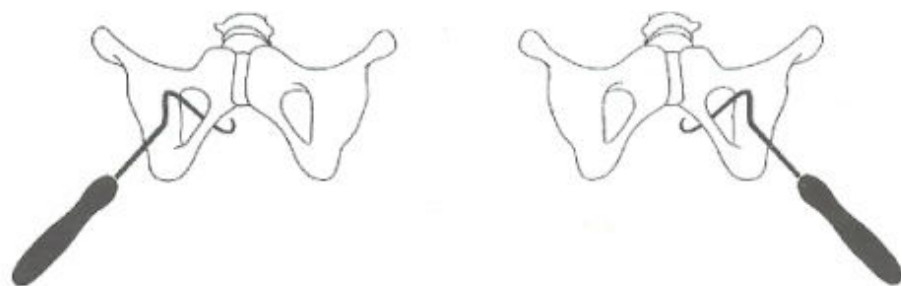
Normal position of the bladder and urethra



Lower than usual position of the bladder and urethra

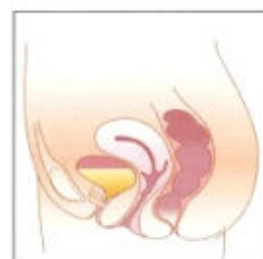
What procedure is used to fit the Monarc™ system?

The Monarc system allows the use of a minimally invasive surgical procedure that involves fitting a hammock made from single filament polypropylene (a biocompatible material) via the vagina, using a specially designed ergonomic needle. This supports the urethra, which is then able to hold urine during stress.



What happens during the operation?

- You can have this operation carried out as a day patient under local anaesthetic in the operating unit or under loco-regional or general anaesthetic, depending on the surgeon and anaesthetist that you choose.
- The surgeon makes a small incision in the wall of the vagina (1.5 cm) and 2 incisions (0.5 cm) in the inside thigh opposite the labia majora. The hammock is then inserted through these incisions and thus replaces the defective tissue.
- The Monarc system can be fitted without any surgical instruments entering the abdomen. The operation takes about fifteen minutes and you stay in hospital between 12 and 48 hours.



The hammock is fitted to support the neck of the bladder and the urethra.

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After the operation

Once you're back in your room, the nurse will check that you are able to urinate properly and will make sure that your bladder is empty. It might be difficult to pass urine at first. You will remain in hospital for a day or two until you are able to urinate normally.

If your bladder does not empty properly, you will be taught how to empty it using a catheter, which you will continue to use at home. It is essential that you don't strain in order to pass urine.

What risks are associated with Monarc™ ?

Complications are rare, but as with any operation, even if performed correctly, there is some risk or slight discomfort.

- The flow may be weaker and it may take longer to pass urine
- There may be an urgent need to urinate which was not present before the operation
- In exceptional cases, the hammock might not be well tolerated, which will result in poor vaginal healing. This will correct itself in most cases without having to remove the hammock. Other complications not associated with Monarc™ may occur depending on your state of health, but the consultation about the anaesthetic will generally make it possible to prevent these.
- Little pain is caused by the Monarc™ operation, and a cure or marked improvement is reported in approximately 90% of cases.

What will happen when I return home?

- The time you need to take off work will depend on the work you do and how physical your job is (1 to 6 weeks).
- Normal activities, except carrying loads weighing more than 5 kg, can be resumed after a week.
- It will be possible to resume sport and sexual relations after 4 weeks.

Is there any special follow-up after the operation?

Your doctor will see you for a check-up one to two months after your operation.

Comments from women who have had this operation

● Ms. W ..., age 55

“At last I can really enjoy getting out and about, I am mobile once again and have got my social life back”

● Ms. B ..., age 50

“My life is so much better now, both at work and with my partner. I can run, wear trousers, go out without worrying and above all, dance without needing any protection.”

● Ms. D ..., age 34

“I am only 34 years old and I feel alive again and can enjoy life to the full. What bliss!”

● Ms. J ..., age 65

“This operation has changed my life and it was your letter that made me think about it. When I see advertisements on the television or in women’s magazines for incontinence pads, I feel sorry for women who have to use them and hope they can have the operation as quickly as possible.”

If there are any questions you’d like to ask about this operation, contact your surgeon:

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