

Study inclusion and exclusion criteria

Inclusion criteria

- Women aged 35-80 years
- Symptoms of moderate to severe, predominant stress urinary incontinence.
- Confirmation of stress urinary incontinence during gynaecological examination and /or urodynamics
- Sandvik index ≥ 3

Exclusion criteria

- Post voiding bladder volume > 100 ml, on bladder catheterisation or ultrasound (Bladderscan®)
- History of anti-incontinence surgery
- Specialised Pelvic Floor Muscle Training (PFMT) in the previous 6 months
- Genital prolapse Stage 2 or more (POP-Q classification)
- Patients desire for future pregnancy and childbirth
- Co-morbidity which is associated with increased surgical risks
- History of recurrent lower urinary tract infection (> 3 times/year)
- Insufficient knowledge or understanding of the Dutch language
- The use of medication that may affect bladder function.
- History of or current major psychiatric illness.
- History of chronic neurological disease.