Objectives: Stress urinary incontinence (SUI) is a highly prevalent dysfunction in middle-aged and elderly women. One technique places a sub-urethral tape passed through the transobturator foramen (TOT). There is not information reporting about the performance of this technique in intervals longer than 5 years. We now for the first time present data of efficacy and quality of life after ten years of treatment with the TOT technique in women suffering SUI. This evaluation follows previous controls at the first and the fifth year post-intervention.

Study design: Twenty-seven women were assessed ten years after operation with the TOT technique. The evaluation consisted of directly retrieving symptoms of incontinence or overactive bladder. We also performed a physical examination and a bladder stress test to assess objective efficacy. Interviews based upon the quality of life (QoL) UDI-6 (Urogenital Distress Inventory Short Form) and IIQ-7 (Incontinence Impact Questionnaire Short Form) tests were used to evaluate subjective efficacy.

Results: Twenty-three women (89%) remained cured, as assessed by the cough test. Ten women (37%) reported urine leakage during physical activity. These objective and subjective data were worse than those reported at the one-year follow-up. De novo urge urinary incontinence was reported by 11 women (40,7%), 9 of whose (33,3%) experienced de novo UUI. The QoL tests confirmed that cure or improvement was achieved in 81% (22) (UDI-6) and 92% (25) (IIQ-7) of the women.

Conclusions: The TOT procedure resulted in acceptable rates of objective efficacy and QoL after ten years. Nonetheless, women should be informed of the risk of de novo urinary urgency incontinence and the progressive loss of efficacy with time.