

**GLOSSARY
FOR USE WITH
THE COLLEY MODEL**

2020

A

AHPMA	See <i>Absorbent Hygiene Products Manufacturers Association</i>
APPGs	See <i>All Party Parliamentary Groups</i>
AUR	See <i>acute urinary retention</i>
5-alpha reductase inhibitors (5 ARIs)	Classification of drugs which inhibit the metabolism of testosterone. This leads to a reduction in prostate size, with improvement of urinary flow rate and other symptoms associated with benign prostatic enlargement
Absorbent Hygiene Products Manufacturers Association (AHPMA)	AHPMA is the trade association representing the UK absorbent continence care, disposable nappy and absorbent feminine hygiene product industries in the UK
Acute urinary retention (AUR)	A painful, palpable or percussable bladder, when the patient is unable to pass any urine, also called acute retention of urine
After-dribble	After-dribble refers to the loss of a small amount of urine after emptying the bladder. In men it occurs when the urethra (the tube which carries urine from the bladder to the penis) is not completely emptied
All Party Parliamentary Group for Bladder and Bowel Continence Care	APPG chaired by Rosie Cooper MP and co-chaired by Baroness Sally Greengross, founded in 2009. The aims of this group are <i>"To break the taboo by raising awareness of bladder and bowel continence for adults and children and to promote cost effective funding for assessment, treatment and appropriate product provision"</i> . The APPG is supported by a wide range of experts including clinicians, Royal Colleges, charities and patient organisations
All Party Parliamentary Groups (APPGs)	APPGs are cross-party groups run by MPs and Members of the House of Lords who share a common interest in a particular policy area, region or country. Many involve individuals and organisations from outside Parliament in their administration and activities. Whilst APPGs have no official status within Parliament, they are effective in raising issues, drawing together key stakeholders and proposing solutions
Alpha-adrenoceptor blocking drugs (Alpha-blockers)	A classification of drugs used to relax smooth muscle in benign prostatic hyperplasia (benign prostatic enlargement), producing an increase in urinary flow rate and an improvement in obstructive symptoms. (Also used in men and women to reduce high blood pressure)

Anal fissure	Fissure-in-ano is a painful tear or cut in the lining of the anal canal caused by excessive stretching of the anal mucosa
Anal fistula	An anal fistula is a tract or cavity which communicates with the ano-rectum and usually, an external opening
Antibacterials/ Antibiotics	A large group of drugs which combat infections by suppressing the growth and reproduction of bacteria
Anticholinergic drugs	See <i>antimuscarinic drugs</i>
Antimuscarinic drugs	Medication which reduces bladder spasm. A class of pharmaceutical agents acting on neuromuscular junctions in the autonomic nervous system, used for overactive bladder syndrome
Anus	The posterior opening of the alimentary canal, through which the excrements are expelled
Asymptomatic bacteriuria	Asymptomatic bacteriuria is the presence of bacteria in the correctly collected urine sample of a patient that has no signs or symptoms of a urinary tract infection
Atrophic vaginitis	Vaginitis occurring in post-menopausal women and associated with oestrogen deficiency. There may be intense irritation around the vagina, almost complete lack of vaginal secretions and evidence of tissue atrophy
Atrophy	Gradual decrease in size of a normally developed organ or tissue, along with a reduction in its' functional ability
Autonomic nervous system	The autonomic nervous system is a control system that acts largely unconsciously and regulates bodily functions, including urination

B

BMI	See <i>body mass index</i>
BPH	See <i>benign prostatic hyperplasia</i>
Bacteriuria	The presence of bacteria in the urine
Bedwetting	See <i>nocturnal enuresis</i>

Benign prostatic hyperplasia (BPH)	Enlargement of the prostate gland in men with an increase in normal cells, through age-associated changes. Due to the position of the prostate gland, this can result in an obstruction to the outflow of urine
Bladder	The urinary bladder is a hollow, muscular organ, lined with a mucous membrane, which acts as a storage receptacle for urine, which it receives from the kidneys via the ureters. The muscular layer of the bladder is called the detrusor
calculi	Stones, which form in the bladder, or may travel to the bladder from the upper urinary tract. They are usually composed of mineral salts and are more common in those with a long-term, indwelling catheter
cancer	Cancer that forms in the tissues of the bladder. Most are transitional cell carcinoma. Bladder cancer occurs more commonly in people between 50 and 70 years of age and is two to three times more common in men as in women. Among those classed as 'superficial', the majority can be controlled by resection and intravesical agents
capacity	The maximum volume of urine the bladder can hold without leakage. In an adult this is ideally about 600mls
diary	A bladder diary records voiding times and voided volumes, leakage episodes, degree of leakage, pad usage and other information such as fluid intake. See also <i>frequency / volume charts</i>
lining	The inner lining of the urinary bladder is a mucous membrane of transitional epithelium that is continuous with that in the ureters. When the bladder is empty, the mucosa has numerous ridges or folds called rugae. The rugae and transitional epithelium allow the bladder to expand as it fills
outlet obstruction	Bladder outlet obstruction is the term for obstruction during voiding and is characterised by increased detrusor pressure and reduced urine flow rate
scan	A bladder scan is a non-invasive investigation which provides a virtual 3D image of the bladder and the volume of urine retained within the bladder
scanner	A portable 3D ultrasound instrument used to measure bladder volume
training	Bladder training is a form of self-help for people with urinary frequency, urgency and urge urinary incontinence

Bladder ultrasound	Bladder ultrasound is a noninvasive method of assessing bladder volume and other bladder conditions using ultrasonography to determine the amount of urine retention or post-void residual urine
Bladder and Bowel Service	A Bladder and Bowel Service provides a multi-professional assessment, treatment and management service for those individuals experiencing bladder and bowel incontinence and chronic bladder and bowel conditions. The service may also provide this service to children. Usually provided by the NHS and previously known as the Continence Service
Body mass index (BMI)	A method used to measure a person's height in metres and weight in kilograms, to calculate their BMI. This will determine whether an individual is of acceptable weight for their height
Bowel	The intestine
Bristol Stool Form Scale	A visual resource to assist patients to describe their stool type during assessment. Type 3 or 4 on this seven-point scale is considered the norm

C

CVA	See <i>cerebrovascular accident</i>
Caffeine	A stimulant present in drinks such as coffee and tea, food, 'over the counter' drugs and medication
Caruncle	A fleshy outgrowth of tissue. See <i>urethral caruncle</i>
Catheter	A hollow tube inserted into a body cavity or organ to instil fluid into, or drain fluid from the cavity or organ
Catheterisation	A technique for bladder emptying, using a catheter to drain the bladder or a urinary reservoir. See also, <i>intermittent self-catheterisation and urethral catheterisation</i>
Cerebrovascular accident (CVA)	The sudden death of some brain cells due to lack of oxygen when the blood flow to the brain is impaired by blockage or rupture of an artery to the brain. The result can be major disability with paralysis and neurological symptoms. A CVA is also referred to as a stroke
Central nervous system (CNS)	The central nervous system (CNS) is the part of the nervous system consisting primarily of the brain and spinal cord

Cervix	In the female, the narrow passage forming the lower end of the uterus
Chaperone	A chaperone is a person who serves as a witness for both a patient and a medical practitioner as a safeguard for both parties during a medical examination or procedure
Chronic urinary retention	Complaint of chronic or repeated inability to empty the bladder, despite the ability to pass some urine. This may result in the frequent passage of small amounts of urine or urinary incontinence and a distended bladder (ICS, 2019) Also called chronic retention of urine
Circumcision	The surgical procedure to remove the skin covering the end of the penis, called the foreskin
Cognitive impairment	Cognitive impairment is when a person has trouble remembering, learning new things, concentrating, or making decisions that affect their everyday life. Cognitive impairment ranges from mild to severe
Colley Model	The Colley Model is a visual aid to assist those carrying out an initial assessment of bladder symptoms in adults
Constipation	Infrequent or difficult bowel evacuation
Continence	The ability to voluntarily control emptying of the bladder and bowel
Cystitis	See <i>urinary tract infection (UTI)</i>

D

DRE	See <i>digital rectal examination</i>
Defaecation	Passing stool
Dementia	A global and progressive deterioration of mental functioning which is irreversible and affects memory, intellect, judgement, personality and emotional control
Demyelinating disease	A demyelinating disease is any condition that results in damage to the protective covering (myelin sheath) that surrounds nerve fibres in the brain, optic nerves and spinal cord. When the myelin sheath is damaged, nerve impulses slow or even stop, causing neurological problems. Multiple sclerosis is an example of a demyelinating disease

Dermatitis	Inflammation of the skin
Detrusor	The bladder muscle
Diabetes mellitus	A disease where the body does not produce enough of the hormone insulin and is therefore unable to metabolise sugar and starch. Long-term effects of diabetes can involve damage to the peripheral nerves causing, among others, sight problems and bladder and bowel problems
Digital rectal examination (DRE)	Digital rectal examination (DRE) is examination of the rectum, though the anus, using the gloved index finger. In the male, the prostate gland is palpated rectally by the examiner (usually a doctor or specialist nurse), to determine enlargement and/or possible cancerous changes of the prostate gland. Other professionals may be taught to carry out DRE when assessing for faecal impaction or to assess the strength of the anal sphincter
Dipstick	A plastic urine test strip which comprises of up to 10 different chemical pads or reagents which change colour when immersed in and then removed from, a urine sample. This may include testing for the presence of protein, blood, leucocytes, nitrite, glucose, ketone, as well as detecting the urinary pH and specific gravity
Disability associated urinary incontinence	Defined by the ICS as the 'Complaint of urinary incontinence in the presence of a functional inability to reach a toilet/urinal in time because of a physical impairment, (e.g. orthopaedic, neurological) and/or mental impairment'. Also called functional urinary incontinence
Dysuria	Pain on passing urine

E

Enuresis	Any involuntary loss of urine. When this occurs during sleep, it is called nocturnal enuresis
Epispadias	Epispadias is a congenital abnormality where the urethral opening is on the upper surface of the penis. This condition is treated surgically. See also <i>hypospadias</i>

F

FGM	See <i>female genital mutilation</i>
FVC	See <i>frequency / volume chart</i>
Faecal impaction	Impaction of faeces in the rectum and colon. This may be as a result of chronic constipation, which leads to impaction when the fluid content of the faeces is progressively absorbed by the colon, leaving hard rounded rocks, or scybala, in the bowel. This hard matter promotes mucus production and bacterial activity, which causes a foul-smelling brown fluid to accumulate. This material may be passed as 'spurious' or 'false', diarrhoea
Faecal incontinence	The complaint of involuntary loss of faeces - when faeces is solid and/or - when faeces is liquid (ICS, 2019)
Faeces	Body waste discharged from the intestine, also called stool
Female genital mutilation (FGM)	Female genital mutilation (FGM) comprises all procedures that involve partial or total removal of the external female genitalia, or other injury to the female genital organs for non-medical reasons (WHO, 2020)
Fistula	An abnormal connection, usually between two organs, or leading from an internal organ to the surface of the body. See also <i>vesico-vaginal fistula and recto-vaginal fistula</i>
Flow rate	See <i>voiding flow rate</i>
Fluid intake	The volume of fluid an individual ingests usually measured over a 24 hour period
Foreskin	The retractable roll of skin covering the end of the penis. See also <i>circumcision</i>
Frequency (of micturition)	The number of times an individual passes urine over a given time
Frequency / volume chart (FVC)	The recording of the time of each micturition together with the volume voided for at least 24 hours. Ideally a minimum of three days of recording (not necessarily consecutive) will generally provide more useful clinical data. It is relevant to discriminate daytime and night-time micturition (ICS, 2019)

Functional urinary incontinence Urinary incontinence, which occurs as a result of illness, severe learning or physical disability, or behavioural problems. Also known as disability associated incontinence. There may or may not be an underlying bladder or bowel dysfunction

G

GP See *General Practitioner*

General Practitioner A physician who deals with a variety of medical problems in patients of all ages. The family doctor or GP

Genitalia The reproductive organs, also called the genitals

Genitourinary Pertaining to the genitalia and urinary tract

Glycosuria The presence of glucose in the urine

Gynaecology A branch of medicine which specialises in the female reproductive system

H

HRT See *hormone replacement therapy*

Haematuria The presence of blood or blood cells in the urine. See also *microscopic haematuria*

Haemorrhoids A swelling caused by the haemorrhoidal veins within the anal canal. The haemorrhoids may prolapse into the anal lumen as they enlarge. Also called 'piles'

Hernia A condition in which part of an organ is displaced and protrudes through the wall of the cavity containing it (often involving the intestine at a weak point in the abdominal wall)

Hesitancy Complaint of a delay in initiating voiding (when the individual is ready to pass urine) (ICS, 2019)

Hormone replacement therapy (HRT) Hormone replacement therapy may be prescribed to alleviate menopausal symptoms such as vaginal atrophy and 'hot flushes'. HRT contains a low dose of oestrogen and, for women with an intact uterus will be combined with progestogen

Hydrocele	A type of swelling in the scrotum that occurs when fluid collects in the thin sheath surrounding a testicle
Hypospadias	Hypospadias is a congenital abnormality affecting 1 in 600 boys. The urethral opening is on the under-surface of the penis. This condition is treated surgically. See also <i>epispadias</i>
Hysterectomy	Surgical removal of the uterus

I

ICS	See <i>International Continence Society</i>
ISC	See <i>intermittent self-catheterisation</i>
Idiopathic	Of unknown cause
Impacted faeces	See <i>Faecal impaction</i>
Incontinence	Involuntary leakage of urine and / or faeces
Intermittency (Intermittent stream)	Complaint of urine flow that stops and starts on one or more occasions during one voiding episode (ICS, 2019)
Intermittent self-catheterisation (ISC)	Intermittent self-catheterisation (ISC) is performed by the patient himself / herself
International Continence Society (ICS)	The International Continence Society (ICS) is an international society of medical professionals interested in the study of the lower urinary tract. Its membership is multi-disciplinary, some of the fields covered being urology, urogynaecology, neurology, physiotherapy and nursing
Involuntary	Not under voluntary control, for example, smooth muscle is not under voluntary control

K

Ketonuria	An excess of ketone bodies in the urine. Excessive production of ketones can occur in diabetes mellitus
Kidney	Either of two bean-shaped organs in the lumbar region that filter the blood, excreting the end products of body metabolism in the form of urine

Knack 'The Knack' is a term given to a voluntary contraction of the pelvic floor muscles prior to any event which increases intra-abdominal pressure. Useful for patients to use prior to any activity which usually results in leakage. Examples may be a cough or sneeze

L

LUTS See *lower urinary tract symptoms*

Lichen sclerosus *Lichen sclerosus* is a skin condition that causes itchy white patches on the genitals or other parts of the body. There is no cure, but treatment can help to relieve the symptoms

Lower urinary tract The lower urinary tract is made up of the bladder and bladder neck, the urethra and urethral sphincter mechanism, and the pelvic floor

Lower urinary tract symptoms (LUTS) Symptoms relating to the lower urinary tract

M

MS See *multiple sclerosis*

MSU See *midstream specimen of urine*

Malignancy A cancerous *tumour* that can invade and destroy nearby tissue, and that may spread to other parts of the body

Manual evacuation The digital removal of faeces from the rectum

Medication Medicinal agent

Menopause A natural physiological process that results from the normal ageing of the ovaries. The levels of female hormones gradually decrease, which can result in symptoms of vaginal dryness and hot flushes. See also *hormone replacement therapy* and *topical oestrogens*

Microbiology The study of micro-organisms, including bacteria

Microscopic haematuria Blood in the urine that is only detectable under a microscope

Micturition The passing of urine from the bladder

Midstream specimen of urine (MSU)	The collection of a urine specimen whereby the first part of the stream is passed into the toilet, to ensure any bacteria in the urethra do not contaminate the sample, and the midstream is collected for laboratory testing
Mixed urinary incontinence (MUI)	Complaints of both stress and urgency urinary incontinence, i.e. involuntary loss of urine associated with urgency and also with effort or physical exertion including sporting activities or on sneezing or coughing (ICS, 2019)
Mobility	Free movement
Multiparity	The condition of having borne a number of children
Multiple sclerosis (MS)	Multiple sclerosis is a chronic disease of the central nervous system (CNS). MS is the result of damage to myelin, a protective sheath surrounding nerve fibres of the CNS. When myelin is damaged, this interferes with messages between the brain and other parts of the body

N

Nervous system	The network of nerve cells and fibres which transmits nerve impulses between parts of the body
Neurological disease	Disease affecting the nervous system
Neurological injury	An injury to the nervous system, for example, spinal cord injury
Neuropathy	A general term denoting functional disturbances and pathological changes in the peripheral nervous system <i>See peripheral nervous system</i>
Nitrites (urinary)	Nitrite is a by-product of harmful bacteria. Urine testing to detect nitrites has become part of a routine urinalysis. A positive result may indicate urinary tract infection
Nocturia	The number of times an individual passes urine during their main sleep period. This is derived from the bladder diary
Nocturnal enuresis	Incontinence of urine during sleep
Nocturnal polyuria	Complaint of passing large volumes of urine at night-time (during the main sleep period)
Nulliparous	Relating to, or being a female that has not borne offspring

O

OAB	See <i>Overactive bladder</i>
OT	See <i>Occupational Therapist</i>
Obesity	An abnormal or excessive fat accumulation that presents a risk to health. A measure of obesity is the body mass index (BMI): a person's weight (in kilograms) divided by the square of his or her height (in metres)
Obstetric history	As part of a continence assessment, information regarding the number of children a woman has had, weight of baby, method and history of delivery
Occupational therapist (OT)	An Allied Health Professional (AHP) working in occupational therapy
Occupational therapy	Occupational Therapy is the assessment and treatment of physical and psychiatric conditions using specific, purposeful activity to prevent disability and promote independent function in all aspects of daily life
Oestrogen	A female hormone produced by the ovary, oestrogen controls female sexual development. Locally, the effects of oestrogen maintain the vaginal and urethral mucosa. Menopause is associated with a decrease in circulating oestrogen levels and therefore a 'drying out' of tissues
Overactive bladder (OAB, urgency) syndrome	Urinary urgency, usually accompanied by increased daytime frequency and/or nocturia, with urinary incontinence (OAB-wet) or without (OAB-dry), in the absence of urinary tract infection or other detectable disease (ICS, 2010)
Overflow urinary incontinence	Complaint of urinary incontinence in the symptomatic presence of an excessively (over) full bladder (no cause identified) (ICS, 2019)

P

POP	See <i>pelvic organ prolapse</i>
PSA	See <i>prostate specific antigen</i>
Pathogen	Any disease-producing agent or micro-organism

Pelvic floor	The muscles, ligaments and fascia which form the sling-like support for the organs of the lower pelvis
Pelvic floor muscles	The group of muscles and ligaments which support the vagina, bladder and rectum. The muscles of the pelvic floor concerned with maintaining continence are collectively called the levator ani
Pelvic floor muscle training	Regular, repetitive, voluntary tightening of the pelvic floor muscle, aimed at increasing muscle bulk
Pelvic organ prolapse (POP)	Pelvic organ prolapse (POP) occurs when one or more pelvic organs (uterus, vagina, urethra, bladder or rectum) moves downward and bulges into or even out of the vaginal canal
Penis	The external male organ of urination and coitus
Perineum	The region of the body between the anus and genitals
Peripheral nervous system	The nervous system outside the brain and spinal cord
pH (urinary)	This represents the acidity / alkaline balance. In urine, the normal range varies between 4.5 and 8.0
Physiotherapist	An Allied Health Professional (AHP) working in physiotherapy
Physiotherapy	The use of physical means for the treatment and prevention of injury and disease and for the restoration of function
Piles	See <i>haemorrhoids</i>
Postmenopausal	Having undergone the menopause or occurring after menopause
Post micturition symptoms	Urinary symptoms which are experienced immediately after micturition
Post-void residual urine	The volume of urine left in the bladder at the end of micturition
Prolapse	Downward displacement of an organ or part
Prostatectomy	Surgical removal of the prostate gland
Prostate gland	A chestnut-shaped body that surrounds the neck of the bladder and urethra in the male. It controls the flow of urine from the bladder and also secretes a milky fluid, which is added to semen during ejaculation

Proteinuria *Proteinuria* is the presence of excess proteins in the urine. In healthy persons, urine contains very little protein; an excess is suggestive of illness

Psoriasis A skin disease marked by red, itchy, scaly patches

Q

Quality of life (QoL) Quality of Life includes physical, mental and social well-being, and not just the absence of disease or illness. There are many QoL questionnaires relating to health care and some specific to continence problems

Queens Square Bladder Stimulator A vibrating bladder emptying device used over the lower abdomen before and during voiding. Useful for some patients with bladder emptying problems due to neurological illness

R

Radical prostatectomy Radical prostatectomy is surgery to remove all of the prostate gland and some of the tissue around it. It is done to treat prostate cancer

Rectal prolapse A condition in which the rectum slips out of its normal position within the body through the anus. It may be put back in place (reduced) by insertion of the finger. If this is not possible, surgery may be required

Recto-vaginal fistula A recto-vaginal fistula is a medical condition where there is a fistula or abnormal connection between the rectum and the vagina. If the opening between the rectum and vagina is wide it will allow both flatulence and faeces to escape through the vagina. There is an association with recurrent urinary and vaginal infections

Rectum The last several inches of the large intestine that ends at the anus and stores faeces before it is eliminated

Red flags 'Red flags' are an alarm or warning of symptoms or test results that suggest a potentially serious underlying disease

Residual urine See *post-void residual urine*

Retention of urine See *acute urinary retention* and *chronic urinary retention*

S

SCI	See <i>spinal cord injury</i>
SUI	See <i>stress urinary incontinence</i>
Sclerotic changes	Sclerosis is the stiffening of a tissue or anatomical feature, usually caused by a replacement of the normal organ-specific tissue with connective tissue. The structure may be said to have undergone 'sclerotic changes'
Sepsis	Sepsis (also known as blood poisoning) is the immune system's overreaction to an infection or injury. If not treated immediately, sepsis can result in organ failure and death
Slow stream	Complaint of a urinary stream perceived as overall slower than previous performance or in comparison with others (ICS, 2019)
Smooth muscle	Muscle which is not under voluntary control
Specific gravity (urine)	Urinary specific gravity is a measure of the concentration of solutes in the urine. It provides information on the kidney's ability to concentrate urine
Sphincter	A circular muscle that constricts a passage or closes a natural orifice. When relaxed, a sphincter allows materials to pass through the opening
Spina bifida	A developmental anomaly characterised by defective closure of the bony covering of the spinal cord
Spinal cord	That part of the central nervous system lodged in the spinal column
Spinal cord injury (SCI)	A traumatic lesion of nerve elements in the spinal cord, resulting in any degree of sensory and / or motor deficit, autonomic dysfunction, and bladder / bowel dysfunction
Spraying (splitting) of urinary stream	Complaint that the urine passage is a spray or split rather than a single directional stream (ICS, 2019)
Stool	Faecal discharge from the bowel
Straining to void	Complaint of the need to make an intensive effort to either initiate, maintain or improve voiding or the urinary stream (ICS, 2019)

Stress urinary incontinence (SUI)	Complaint of involuntary loss of urine on effort or physical exertion including sporting activities, or on sneezing or coughing (ICS, 2019)
Stricture	An abnormal narrowing of a passage <i>See urethral stricture</i>
Stroke (CVA)	<i>See cerebrovascular accident</i>
Symptoms	Any indication of disease perceived by the patient

T

TURP	<i>See transurethral resection of the prostate</i>
Terminal dribble	Complaint that during the final part of voiding there is noticeable slowing of the flow to drops or a trickling stream (ICS, 2019)
Toileting programme	An individual programme for a client, planned to meet the clients toileting needs and prevent incontinence
Topical oestrogens	Topical oestrogens are those applied locally to the vagina in the treatment of atrophic vaginitis and may help women who have urinary incontinence resulting from the menopause. It can be beneficial in women who have mild stress urinary incontinence
Transurethral resection of the prostate (TURP)	Surgical procedure to remove tissue from the prostate using an instrument inserted through the urethra

U

UTI	<i>See urinary tract infection</i>
Ultrasound	A diagnostic technique, which uses high-frequency sound waves to create an image of the internal organs
Ureter	The muscular tubes about 20cm to 30cm long, one on either side, that carry urine from the kidneys to the urinary bladder
Urethra (female)	The tube 3cm to 5cm in length, through which urine leaves the bladder. The female urethra extends from the bladder to the urinary opening at the vulva

Urethra (male)	The tube approximately 20cm in length, through which urine leaves the bladder. The male urethra extends along the length of the penis. It also conveys the seminal fluid
Urethral	
caruncle	A urethral caruncle is a soft, red fleshy protrusion of the urethral lining from the urethral opening. It is believed to be due to the prolapse of the posterior wall of the urethra. A caruncle generally does not cause symptoms and occurs in postmenopausal women
catheterisation	The process of inserting a catheter into the urinary bladder via the urethra
sphincter	A ring-like muscle that is normally tight, and when relaxed allows urine to flow from the bladder
stricture	A urethral stricture is a narrowing of the urethra caused by injury or disease
Urgency urinary incontinence	Complaint of involuntary loss of urine associated with urgency (ICS, 2019)
Urinalysis	Analysis of the urine as an aid in the diagnosis of disease
Urinary	
frequency	Increased daytime urinary frequency is the complaint that voiding occurs more frequently during waking hours than previously deemed normal by the individual (or caregivers) (ICS, 2019)
incontinence	Urinary incontinence is the complaint of any involuntary leakage of urine (ICS, 2002)
retention	See <i>acute urinary retention</i> and <i>chronic urinary retention</i>
tract infection (UTI)	An infection in the urinary tract caused by the invasion of disease-causing micro-organisms, which proceed to establish themselves, multiply, and produce various symptoms in their host. Infection of the bladder, better known as cystitis, is particularly common in women, mainly because of the much shorter urethra, which provides less of a barrier to bacteria. In men, infection is usually associated with obstruction to the flow of urine, such as prostate gland enlargement
urgency	Complaint of a sudden compelling desire to pass urine, which is difficult to defer (ICS, 2020)
Urination	See <i>voiding</i>

Urine	Fluid containing water and waste products. Urine is made by the kidneys, stored in the bladder, and leaves the body through the urethra
Uroflowmetry	Uroflowmetry is a diagnostic, non-invasive, screening procedure used to calculate the flow rate of urine over time. The measuring instrument calculates the amount of urine, rate of flow in seconds, and length of time until completion of the void, and the results are interpreted by a doctor
Urogynaecologist	A surgeon who has been trained in the full range of investigations and treatments required for the management of female pelvic floor disorders
Urogynaecology	Urogynaecology is a surgical sub-specialty of urology and gynaecology, treating women with urinary incontinence and prolapse of the bladder, vagina and/or uterus
Urologist	A doctor who specializes in diseases of the male and female urinary systems and the male reproductive system
Urosepsis	Urosepsis is defined as sepsis caused by a urogenital tract infection. Urosepsis in adults comprises approximately 25% of all sepsis cases, and is in most cases due to complicated urinary tract infection
Uterine prolapse	Uterine prolapse is falling or sliding of the uterus (womb) from its normal position into the vaginal area
Uterus	The womb. The pear-shaped organ in women that holds and nourishes the growing embryo and foetus

V

Vagina	The canal in the female which leads from the uterine cervix to the external genitalia
Vaginal dryness	See <i>atrophic vaginitis</i>
Vaginitis	Inflammation of the vagina, often characterized by redness, irritation, itching and / or discharge. Vaginitis may be caused by a variety of factors for example, bacteria, candida, and hormonal changes

Vesico-vaginal fistula	A vesico-vaginal fistula is a medical condition where there is a fistula or abnormal connection between the bladder and the vagina. That results in the continuous drainage of urine into the vaginal vault
Void	Evacuate, excrete or discharge from the body
Voiding	Urinating. Sometimes also called 'peeing' or 'passing water'
Voiding symptoms	Symptoms which are experienced during the voiding phase