

Urinary incontinence is defined as the involuntary loss of urine that is objectively demonstrable. It is an increasingly prevalent problem as the ageing population expands. It is a severe social and hygienic problem.

In the end of the 20th century, the specialists have started to question if pregnancy and labour are related to increase incidence of urinary incontinence. There are no significant studies which can evidently confirm consequences of pregnancy and labour to rise of urinary incontinence. One of the mechanisms how to prepare body for labour, during pregnancy, is increasing of an elastic component part of pelvic floor. Unfortunately exactly the same mechanism support occurrence of urinary incontinence. Very important condition which is participant in incidence of postpartum incontinence is vaginal delivery. So we can see an increasing interest in describing mechanism of traumatism pelvic floor during labour and interest in finding the ways of the optimal management of labour to reduce harm effect on pelvic floor.

Studies reveals that the more incidence of insult of pelvic floor and anal sphincter is occurred after an instrumental labour. Episiotomy is one of the most provided labours operations. The opinions to episiotomy are not uniform. Some studies reveals decreasing of third degree ruptured if mediolateral episiotomy is provided. Others studies warns against connection between episiotomy and increase lesion of anal sphincter. There are controverse opinions to effect of epidural analgesia. We can assume that relaxation of pelvic floor muscles can provide hurtless passage of the head of fetus while it passing by a birth canal and it can decrease incidence of incontinence. Otherwise epidural analgesia can leads to prolonged of the second stage of labour and it can significantly increase a risk of injury. Other way round the shortened of second stage is not a protective factor. Administer an oxytocin accelerate normal course of labour and it can markedly increase the risk of injury. Effect of cesarian section is still very discussed problem. Highly efficient procedure how to reduce risk of rise urinary incontinence is gymnastics of pelvic floor muscles.