

# UROGYNAECOLOGY



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HOSPITAL



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OUTPATIENT CLINIC

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Units of **FERNANDEZ** FOUNDATION

## Urogynaecology Centre

Our Urogynaecology Centre provides assessment, investigations and treatment for women with incontinence (leakage) of urine, mass or lump in vagina (prolapse), recurrent urinary tract infections, bladder pain and problems following pelvic floor injury at childbirth like pain in vaginal area, leaking of urine or motion with or without urgency.

Located in Unit 4 at Hyderguda, the Centre is led by Dr. Vinatha Puli, consultant urogynaecologist with specialist training in the UK.

## Our Services

### Urodynamics Clinic

This is a one-stop clinic to assess, investigate and provide treatment to women presenting with urinary incontinence, frequent urination, sudden urge to pass urine, painful urination, difficulty in emptying the bladder and recurrent urine infections.

We work closely with physiotherapists to provide comprehensive care towards achieving control of urine (continence).

Some women might need a special test called urodynamics to evaluate bladder function. This test can take upto 1 hour to complete.

Patient will be asked to pass urine in a special toilet to check the urine flow. Fine tubes will then be passed into the bladder and back passages to measure the pressures and to fill the bladder. Any bladder sensations are recorded. Patient will then be asked to empty the bladder and the tubes are removed. Further management plan will be discussed by the doctor immediately following this test.

### Pelvic Floor Clinic

This is a dedicated clinic for women where quality of life is affected with pelvic organ prolapse – a condition that might lead to descent of uterus down through the vagina leading to feeling of heaviness, fullness, pulling or aching in the pelvis, vagina or rectum.

It often gets worse at the end of the day or during bowel movement. Patient might see or feel a bulge or something coming out of the vagina.

We offer a variety of treatment options ranging from non-surgical methods like pelvic floor exercises or pessaries to advanced surgical options like mesh repairs for recurrent and complicated prolapse problems with an individualised and comprehensive approach.

### **Perineal Clinic**

This clinic is designed for women who have had a tear of anal sphincter muscles (muscles around the motion passage opening) during the delivery of their baby. These are called third or fourth degree perineal tears. We identify and evaluate problems that may develop following such a tear like leakage of bowel motion or gas or loose stools (faecal incontinence) or urgency of motion. A special scan called endoanal scan might be used to evaluate how the back passage muscles have healed and to determine if further treatment is required. We consider this as an opportunity to discuss queries regarding the delivery and to plan future mode of delivery.

### **Our Urodynamic Clinic at Unit 4 – Hyderguda**



**Dr. Vinatha Puli (MRCOG)**  
**UROGYNACOLOGIST**



Dr. Vinatha is a senior consultant with 15 years' Obs-Gyn experience. She relocated to India in 2014 after having trained and worked as a consultant for almost 10 years in the UK. She comes with rich expertise in Urogynaecology and Labour Ward management.

She picked up her Diploma of the Faculty of Sexual and Reproductive Health (DFSRH) and received the Certificate of Completion of Training (CCT) in her specialty.

She enjoys teaching and training young doctors and nurses. She has several international publications and posters to her credit.

Email: [drvinatha\\_p@fernandez.foundation](mailto:drvinatha_p@fernandez.foundation)

**How to get an appointment for consultation**

For an appointment kindly contact Ms. Babitha on **8008570467** between 9 am and 6 pm, specifying your problem.