



Training for Urinary Leakage Improvement after Pregnancy

Volunteers Needed for Research Study

What is the TULIP study about?

We are inviting you to participate in this approximately 11 month research study if you recently delivered a baby and are now experiencing bladder leakage, which is a very common problem that can be bothersome for new mothers. This research study is being conducted to compare three different treatment strategies for improving urinary leakage using your pelvic muscles, which support your bladder:

- **Patient Education:** Detailed information and instructions about lifestyle changes and pelvic muscle exercises that may improve accidental bladder leakage
- **Pelvic Floor Muscle Therapy (PFMT):** Coaching sessions with a skilled provider to learn and practice pelvic muscle exercises
- **Pelvic Muscle Exercises with Leva®:** Exercises guided by an at-home motion-based vaginal insert device (Leva®) that connects wirelessly with a smartphone app to inform the user when correct exercises are being performed

You may be eligible to participate if:

- You are 18 years of age or older, and have delivered your first baby (without the need for a cesarean) in the last 4 to 8 weeks, *and*
- Your baby was large at birth - 8.8 pounds or more, and/or your delivery was assisted with the use of forceps or vacuum, and/or you experienced a 3rd or 4th degree tear during delivery. (These factors mean that you are at an increased risk of ongoing pelvic floor disorders)

Participants may be compensated:

Eligible participants who complete study-related procedures such as pelvic exams may receive up to \$500 in compensation, and may receive an additional \$90 if optional biological samples are also provided.

If you would like more information about the TULIP study, please ask your Provider or contact our Research Coordinators:

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**Pelvic Floor
Disorders Network**



<https://bit.ly/TULIP-study>