

## Appendix 2

2.1 Assessment time and measures of the two trials.<sup>a</sup>

Week	72h IEF		1h AUL		ICIQ-SF score	
	MUI trial	SUI trial	MUI trial	SUI trial	MUI trial	SUI trial
0	√	√	√	√	√	√
2	√			√		
4	√	√	√		√	
6	√	√		√		√
8	√				√	
10	√					
12	√		√		√	
15		√				
16	√	√			√	
17		√				
18		√				√
20	√				√	
24	√				√	
27		√				
28	√	√			√	
29		√				
30		√				√
32	√				√	
36	√				√	

Abbreviations: SUI, Stress urinary incontinence; MUI, mixed urinary incontinence; IEF, incontinence episode frequency; AUL, the amount of urine; ICIQ-SF, International Consultation on Incontinence Questionnaire-Short Form.

<sup>a</sup>√ means that the measures of the original trials were conducted at the corresponding time point, and the blank space indicates that no measures were conducted.

## 2.2 The data of changes in the mean 72-h, 1h AUL and ICIQ-SF score of Fig. 1.

Time	Elderly (N=92)	Non-elderly (N=292)	Difference (95% CI)	p-value
Changes in the mean 72-h IEF, mean (95% CI)				
Week 2	-2.0(-3.0 to -1.0)	-1.8(-2.4 to -1.3)	0.2(-1.0 to 1.4)	0.773
Week 4	-3.0(-4.1 to -1.9)	-2.8(-3.3 to -2.2)	0.2(-1.1 to 1.5)	0.733
Week 6	-4.1(-5.2 to -3.1)	-3.9(-4.4 to -3.3)	0.3(-1.0 to 1.5)	0.688

Week 8	-3.3(-4.7 to -1.9)	-4.9(-5.7 to -4.1)	-1.6(-3.3 to 0.1)	0.066
Week10	-4.1(-5.4 to -2.7)	-5.6(-6.4 to -4.9)	-1.6(-3.2 to 0.1)	0.059
Week 12	-4.1(-5.4 to -2.8)	-6.6(-7.3 to -5.8)	-2.5(-4.1 to -0.9)	0.003
Week 15	-6.0(-7.0 to -5.0)	-4.3(-4.8 to -3.8)	1.7(0.5 to 2.9)	0.007
Week 16	-5.5(-6.3 to -4.6)	-5.3(-5.7 to -4.8)	0.2(-0.8 to 1.2)	0.722
Week 17	-6.3(-7.3 to -5.3)	-4.5(-5.0 to -4.0)	1.8(0.6 to 3.0)	0.003
Week 18	-5.9(-7.0 to -4.8)	-4.6(-5.2 to -4.1)	1.2(-0.002 to 2.5)	0.050
Week 20	-5.4(-6.9 to -4.0)	-7.1(-8.0 to -6.3)	-1.7(-3.5 to 0.1)	0.061
Week 24	-5.7(-7.1 to -4.2)	-7.3(-8.2 to -6.5)	-1.7(-3.4 to 0.1)	0.061
Week 27	-6.0(-7.1 to -4.8)	-4.6(-5.2 to -4.0)	1.4(0.1 to 2.8)	0.040
Week 28	-6.2(-7.1 to -5.3)	-5.7(-6.2 to -5.2)	0.5(-0.5 to 1.5)	0.343
Week 29	-6.3(-7.4 to -5.2)	-4.8(-5.4 to -4.3)	1.4(0.2 to 2.7)	0.026
Week 30	-6.4(-7.5 to -5.2)	-5.1(-5.6 to -4.5)	1.3(-0.04 to 2.6)	0.057
Week 32	-6.8(-8.2 to -5.3)	-7.9(-8.5 to -6.9)	-0.9(-2.7 to 0.8)	0.294
Week 36	-7.3(-8.6 to -6.0)	-8.2(-9.0 to -7.5)	-0.9(-2.5 to 0.7)	0.260
Changes in the mean1h AUL(g), mean (95% CI)				
Week 2	-3.4(-7.0 to 0.1)	-6.1(-8.0 to -4.3)	-2.7(-6.8 to 1.5)	0.209
Week 4	-7.5(-10.5 to -4.5)	-7.1(-8.9 to -5.3)	0.4(-3.2 to 4.1)	0.808
Week 6	-8.4(-11.7 to -5.1)	-10.0(-11.6 to -8.3)	-1.5(-5.4 to 2.3)	0.441
Week 12	-11.1(-14.2 to -7.9)	-12.4(-14.2 to -10.5)	-1.3(-5.2 to 2.5)	0.496
Changes in the meanICIQ-SF score, mean (95% CI)				

Week 4	-2.0(-2.7 to -1.2)	-2.5(-3.0 to -2.0)	-0.6(-1.5 to 0.4)	0.256
Week 6	-2.5(-3.2 to -1.8)	-2.4(-2.8 to -2.1)	0.1(-0.7 to 0.9)	0.869
Week 8	-3.9(-4.8 to -2.9)	-4.4(-5.0 to -3.8)	-0.5(-1.7 to 0.7)	0.403
Week 12	-4.8(-6.0 to -3.6)	-6.3(-7.0 to -5.6)	-1.5(-2.9 to 0.02)	0.054
Week 16	-5.5(-6.7 to -4.3)	-6.9(-7.7 to -6.2)	-1.4(-2.9 to 0.1)	0.061
Week 18	-4.3(-5.2 to -3.3)	-3.5(-3.9 to -3.0)	0.8(-0.3 to 1.9)	0.151
Week 20	-6.1(-7.4 to -4.9)	-7.1(-7.9 to -6.4)	-1.0(-2.5 to 0.5)	0.201
Week 24	-6.7(-8.0 to -5.5)	-7.3(-8.0 to -6.6)	-0.6(-2.1 to 0.9)	0.457
Week 28	-7.0(-8.2 to -5.7)	-7.4(-8.1 to -6.6)	-0.4(-1.9 to 1.1)	0.598
Week 30	-4.7(-5.7 to -3.8)	-3.9(-4.4 to -3.5)	0.8(-0.3 to 1.9)	0.152
Week 32	-7.1(-8.3 to -5.9)	-7.4(-8.1 to -6.7)	-0.3(-1.7 to 1.2)	0.710
Week 36	-7.7(-8.9 to -6.5)	-7.5(-8.2 to -6.9)	0.1(-1.3 to 1.6)	0.860

Abbreviations: IEF, incontinence episode frequency; AUL, the amount of urine; ICIQ-SF, International Consultation on Incontinence Questionnaire-Short Form.

All results presented in the table and in the manuscript are based on consistent use of data for completers, without imputation.