

# Bladder Relaxant Medications

Bladder relaxant medications (also called anticholinergic medications) are used to treat overactive bladders, if there has been no response or partial response from behavioural treatment. They help the bladder to hold more wee and help the child control their bladder by relaxing the bladder.

## What is an overactive bladder (OAB)?

An overactive bladder causes the sudden urge to urinate and/or increased frequency of urination. Children with an overactive bladder may find it difficult to control their bladder.

## Bladder Relaxant Medications

The below medications come in different forms. There are two different types of tablets; immediate release and slow release.

**Immediate release** means that the medications only last in your child's system for a short period of time therefore they will be required to take it multiple times per day. Some immediate release medication can be crushed however please discuss this with your dispensing pharmacy.

**Modified release** (sometimes called slow release) means it lasts in your child's system for longer therefore they are only required to take it once per day. We will usually start with immediate release to monitor the effects of the medication before moving on to modified release tablets.

Dosage of the medications varies with age, effectiveness of the treatment and the severity of the side effects experienced. Doses will be altered as felt necessary by your doctor/nurse, so it's important you let your healthcare professional know how the medication has made a difference and if you have noticed any side effects.

Some of these medications are unlicensed for use in children however, here at Royal Manchester Children's Hospital, the Urology department has developed guidelines in management with children who have overactive bladder, nocturnal enuresis and giggle incontinence.

Please follow this link for more information on unlicensed medication in children:

<https://www.medicinesforchildren.org.uk/unlicensed-medicines>

## Oxybutynin

Oxybutynin is usually first-line treatment for overactive bladders. Doses will be started off low and increased by your doctor/nurse as required.

The common side effects from taking Oxybutynin are: dry mouth, flushing, feeling sleepy, constipation, nausea, headaches. If your child has any side effects please stop the medication and contact your doctor/nurse.

Oxybutynin is available in both immediate and modified release forms.

If you would like any further information please visit:

[www.medicinesforchildren.org.uk/oxybutynin-daytime-urinary-symptoms](http://www.medicinesforchildren.org.uk/oxybutynin-daytime-urinary-symptoms)

## Tolterodine

Tolterodine is also used to treat overactive bladders.

Some children may have side effects from taking Tolterodine, the most common side effects are: dry mouth, flushing, feeling sleepy, constipation, nausea, headaches. If your child has any side effects please stop the medication and contact your doctor/nurse.

Tolterodine is available in immediate and modified release tablets.

## Solifenacin

Solifenacin is unlicensed for use in children and adolescents however at Royal Manchester Children's Hospital we have created guidelines that we follow that allow us to use this drug safely.

Solifenacin is available to be taken as film coated tablets; the common brand name is Vesicare among others.

Some children may have side effects from taking Solifenacin, the most common side effects are: dry mouth, flushing, feeling sleepy, constipation, nausea, headaches. If your child has any side effects please contact your doctor/nurse/pharmacist.

## Mirabegron

Mirabegron is also unlicensed for use in children, but listed on the Royal Manchester Children's Urology guidelines for use in children over 8 years old. Mirabegron works on the bladder differently to the above medications

Prior to taking Mirabegron your child will have their urea and electrolytes and liver function tested via a blood test. Your child's blood pressure will be checked to ensure it is within the normal range. They will also have a 12 lead ECG to ensure that their heart is functioning as it should be. This is because Mirabegron has been shown to cause hypertension and cardiac events in some Adult cases.

Your child will be monitored closely once you are taking Mirabegron. They will have their blood pressure checked 4 weeks after starting Mirabegron and then every time they attend a clinic appointment.

This medication cannot be crushed or chewed; the tablets must be swallowed whole.

If you would like any further information regarding the above medications please do not hesitate to contact us on the below contact numbers. Your child will not be commenced on any medication without it being discussed between yourself, your child and your doctors/nurse first.

## Contacts

Please do not hesitate to contact us if you have any questions about how we perform biofeedback or about your appointment and we will be happy to help.

 In case of problems or advice please call:

**Children's Resource Centre, Trafford General Hospital** (0161) 746 2366  
(Monday-Thursday 07:00-16:00)

**General queries (Urology Secretaries)** (0161) 701 1635

