



# Saint Mary's Hospital

Gynaecology Service – Warrell Unit

# Medication for Overactive Bladder

Information for Patients



## What medication is available for overactive bladder?

There are two types of medication available for overactive bladder. The first are tablets called “antimuscarinics” or “anticholinergics”.

Examples of these are:

- Oxybutinin (Cystrin, Ditropan, Lyrinel, Kentera)
- Tolteradine (Detrusitol)
- Darifenacin (Emselex)
- Fesoterodine (Toviaz)
- Propiverine (Detronorm)
- Solifenacin (Vesicare)
- Trospium chloride (Regurin)
- Flavoxate (Urispas)

The second type of medication is called a Beta-3 agonist. This is a relatively new treatment and the tablet is called Mirabegron (Betmiga).

## Why do I need it?

You have a condition called overactive bladder (OAB). This means you may have some or all of the following:

- Passing urine more frequently than normal.
- Have a strong urge to pass urine that you cannot put off.
- Urinary leakage when cannot get to the toilet quickly enough.
- Getting up to pass urine more than once through the night.

If other forms of treatment, for example, bladder retraining, diet and fluid advice have not help your bladder problem you may be offered medication.

## How do they help my OAB?

These tablets help to keep the bladder muscle relaxed while the bladder fills up. This allows the bladder to hold more urine between visits to the toilet.

If the tablets help, you should be able to go to the toilet less often during the day and night. You should get more warning that you are going to need to pass urine and not have to rush. If you have had urge incontinence, this should also improve.

## How soon will I see results?

You should start to notice some gradual improvement within a few weeks of starting the tablets. By the time you have taken them for 6 weeks, you should be noticing a real difference in your OAB.

Your bladder may not be working perfectly. It may need some extra re-training to break its bad habits.

## What do I do if the tablets work for my Overactive Bladder? Should I stop them when I run out of tablets?

It is great that you are starting to get more control over your bladder. However, if you stop the tablets, the OAB symptoms may come back. Carry on taking them as this may allow your bladder time to re-train itself and break any bad habits it has got into.

When you are getting to the end of your supply of tablets, ask your GP for another prescription. It may help them to know that the tablets are working so they know to give you a longer prescription.

When you next come to clinic, you can talk to your doctor or nurse about when to consider stopping the tablets.

## Will there be any side effects?

Unfortunately, all tablets can have side-effects and tablets for OAB are no exception. Read the information leaflet inside your tablet packet for a full list of possible side effects. The side effects of antimuscarinic tablets are slightly different to Mirabegron.

## What are the side effects of antimuscarinic tablets?

The most common side effects are:

**Dry mouth:** If your mouth becomes dry, you might find sucking a mint or a sugar-free sweet helpful. If you take your tablet once a day, taking it before you go to bed (rather than in the morning) can also help. You could ask the chemist about special chewing gum to help a dry mouth. Your GP may be able to prescribe you an artificial saliva spray if you are having lots of problems with dry mouth. This can be very helpful.

**Constipation:** Constipation can be helped by eating plenty of roughage/fibre. A sachet of fibre powder (mixed with water or fruit juice) and taken with breakfast every day can also be helpful.

Other side-effects are less common.

**Eye problems:** Occasionally the tablets relax the muscles in the eye as well as the bladder muscle. This can make your vision blurred, which can cause you to worry that there is something wrong with your eyes. The effect wears off quickly if you stop the tablets and doesn't cause any lasting damage to your eyes. If your vision changes on the tablets, you should stop them and see an optician to make sure there is nothing else causing the problem.

**Other:** Occasionally, the tablets can cause dizziness, drowsiness or memory problems. If you have any of these problems whilst taking the tablets, you should arrange to see your GP or the doctor in the clinic.

## What are the side effects of Mirabegron?

The most common side effects are:

**Increased heart rate:** If your heart beat becomes faster than normal or if you become aware of your heart beat (palpitations) you will need to see your GP who may advise you to stop the medication.

**Urinary tract infection:** Bladder infections (cystitis) are an uncommon side effect of this medication and can usually be treated easily.

**Other:** Occasionally, the tablets can cause indigestion, vaginal itching or high blood pressure. If you have concerns about any of these or develop any new symptoms soon after starting your medication, you should discuss this with your doctor.

## Other sources of information

**NHS choices:**

[www.nhs.uk/conditions/Incontinence-urinary/Pages/Introduction.aspx](http://www.nhs.uk/conditions/Incontinence-urinary/Pages/Introduction.aspx)

**The Bowel and Bladder Foundation (B&BF):**

This is a UK charity which can provide information about bladder problems and their treatment. Their contact details are:

Helpline number 0845 345 0165

Website: [www.bowelandbladderfoundation.org](http://www.bowelandbladderfoundation.org)

## Violence, Aggression and Harassment Control Policy

We are committed to the well-being and safety of our patients and of our staff. Please treat other patients and staff with the courtesy and respect that you expect to receive. Verbal abuse, harassment and physical violence are unacceptable and will lead to prosecutions.

## Suggestions, Concerns and Complaints

If you would like to provide feedback you can:

- Ask to speak to the ward or department manager.
- Write to us: Patient Advice and Liaison Services, 1st Floor, Cobbett House, Manchester Royal Infirmary, Oxford Road, Manchester M13 9WL
- Log onto the NHS Choices website [www.nhs.uk](http://www.nhs.uk) - click on 'Comments'.

If you would like to discuss a concern or make a complaint:

- Ask to speak to the ward or department manager – they may be able to help straight away.
- Contact our Patient Advice and Liaison Service (PALS) – Tel: 0161 276 8686 e-mail: [pals@cmft.nhs.uk](mailto:pals@cmft.nhs.uk). Ask for our information leaflet.

We welcome your feedback so we can continue to improve our services.

[illegible]

# No Smoking Policy

The NHS has a responsibility for the nation's health.

Protect yourself, patients, visitors and staff by adhering to our no smoking policy. Smoking is not permitted within any of our hospital buildings or grounds.

The Manchester Stop Smoking Service can be contacted on  
Tel: (0161) 205 5998 ([www.stopsmokingmanchester.co.uk](http://www.stopsmokingmanchester.co.uk)).

## Translation and Interpretation Service

It is our policy that family, relatives or friends cannot interpret for patients. Should you require an interpreter ask a member of staff to arrange it for you.

تنص سياستنا على عدم السماح لافراد عائلة المرضى او اقاربهم او اصدقائهم بالترجمة لهم. اذا احتجت الى مترجم فيرجى ان تطلب ذلك من احد العاملين ليترتب لك ذلك.

بماری یہ پالیسی ہے کہ خاندان ، رشتہ دار اور دوست مریضوں کے لئے ترجمہ نہیں کر سکتے۔ اگر آپ کو مترجم کی ضرورت ہے تو عملے کے کسی رکن سے کہیں کہ وہ آپ کے لئے اس کا بندوبست کر دے۔

ইহা আমাদের নীতি যে, একজন রোগীর জন্য তার পরিবারের সদস্য, আত্মীয় বা কোন বন্ধু অনুবাদক হতে পারবেন না। আপনার একজন অনুবাদকের প্রয়োজন হলে তা একজন কর্মচারীকে জানান অনুবাদকের ব্যবস্থা করার জন্য।

Nasze zasady nie pozwalają na korzystanie z pomocy członków rodzin pacjentów, ich przyjaciół lub ich krewnych jako tłumaczy. Jeśli potrzebują Państwo tłumacza, prosimy o kontakt z członkiem personelu, który zorganizuje go dla Państwa.

Waa nidaamkeena in qoys, qaraaboamasaaxiiboaysanu tarjumikarinbukaanka. Haddiiaad u baahatotarjumaankacodsoxubinka mid ah shaqaalahainaykuusameeyaan.

我们的方针是，家属，亲戚和朋友不能为病人做口译。如果您需要口译员，请叫员工给您安排。



@CMFTNHS



Follow us on  
Facebook

[www.cmft.nhs.uk](http://www.cmft.nhs.uk)

© Copyright to Central Manchester University Hospitals NHS Foundation Trust