



## Treatment of Urge Incontinence

When bladder retraining and fluid management alone are not successful in treating urge incontinence, medications can be added. Medicines that are available are called bladder relaxants or antimuscarinic agents. Medications work best when combined with behavioral therapy. In general, these drugs have similar effectiveness, but may differ somewhat in the type and severity of side effects.

The medication should be taken for at least four weeks to determine the response. Women who do not respond to one drug may respond to another. Sided effects include dry mouth, constipation, and heartburn. Constipation can be helped by increasing the amount of fiber in the diet and maintaining a normal fluid intake. Having a dry mouth may increase the risk of oral cavities. Good dental hygiene is important. Urinary retention (causing the bladder to incompletely empty) can also occur with these medications.

### Medications for Urge Incontinence

#### **Oxybutynin**

There are three forms: immediate release (generic oxybutynin, taken two to three times daily), extended release (Ditropan XL®, taken once daily), and a patch (Oxytrol®, which is worn on the skin and changed twice weekly). The immediate release form is particularly useful for people who require protection at specific times (eg, when going out to dinner) since it begins to work quickly and wears off after about six hours. Side effects occur less frequently with Ditropan XL® and Oxytrol®.

#### **Tolterodine** (Detrol®)

is available in an immediate release form (Detrol® 1 or 2 mg, taken twice daily) and extended release (Detrol LA®, 2 or 4 mg taken once daily). Side effects occur less frequently with Detrol LA® than with immediate release Detrol®.

#### **Trospium** (Sanctura®)

The medication is taken one or two times daily on an empty stomach and is available in a 20 mg dose.

#### **Solifenacin** (Vesicare®)

The medication is taken once a day, and is available in 5 mg or 10 mg doses.

#### **Darifenacin** (Enablex®)

The medication is taken once a day, and is available in 7.5 mg and 15 mg doses.