

National Association for Continence (NAFC) is a non-profit organization dedicated to improving the quality of life of people with bladder control problems. NAFC is a leading source of education, advocacy, and support to the public and to the health profession about the causes, prevention, diagnosis, treatments, and management alternatives.

Always consult your doctor before trying anything recommended in this or any other publication that speaks to general health issues.

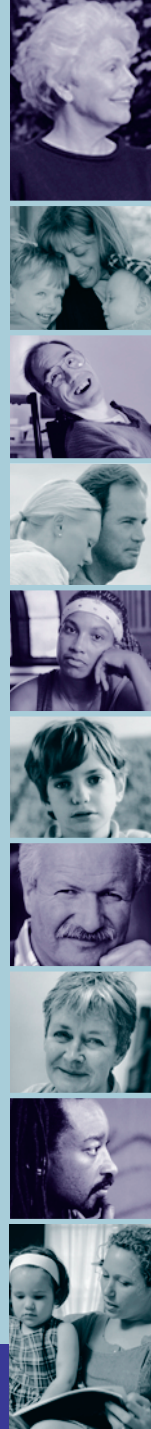
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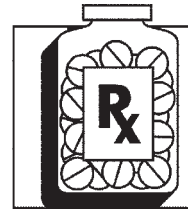
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Medications:

How They Affect Your Bladder

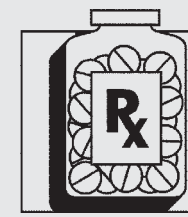


Promoting Quality Continence Care through

Consumer Education

A publication by
National Association For Continence
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Medications:
 How They Affect Your Bladder



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Several CLASSES of medicines affect the bladder muscle and the bladder outlet muscle. Sometimes these medicines are prescribed for conditions outside the urinary system and

cause unwanted changes in bladder control. At other times, these changes are desirable and the same class of medicine is prescribed to treat incontinence. Take this chart with your medicines to your doctor, nurse, or pharmacist if you have questions.

Classes of Drugs Which May Affect Continence

Medications	Effect	Bladder Symptoms
<ul style="list-style-type: none"> Diuretics (water pills) Examples: Hydrodiuril® (hydrochlorothiazide-HCTZ), Lasix® (furosemide), Maxzide®(HCTZ-triamterene) 	More urine is produced	Frequency, urgency, increased amount of urine output
<ul style="list-style-type: none"> Sedatives, muscle relaxants, Examples: Valium® (diazepam) Librium® (chlordiazepoxide), Ativan® (lorazepam) 	Sedation and drowsiness	Possible lack of appreciation of bladder events
<ul style="list-style-type: none"> Narcotics Examples: Percocet® (oxycodone-APAP), Demerol® (meperidine), morphine 	Sedation, drowsiness, retention of urine because the bladder is relaxed	Lack of concern or desire to use the toilet, difficulty in starting the urinary stream, straining to void, voiding with a weak stream, urinating between voids, frequency
<ul style="list-style-type: none"> Antihistamines - Example: Benadryl® (diphenhydramine) Antipsychotics/Antidepressants (for depression or mental illness) Example: Elavil® (amitriptyline), Prolixin® (fluphenazine), Haldol® (haloperidol), Prozac® (fluoxetine HCl) Calcium channel blockers Example: Calan® (verapamil), Procardia®(nifedipine), Cardizem® (diltiazem) 	Retention of urine because the bladder is relaxed or bladder outlet resistance is increased	Difficulty in starting the urinary stream, straining to void, voiding with a weak stream, leaking in between urinations, frequency, urinary retention

continued on next page...

Classes of Drugs Which May Affect Continence (continued...)

Medications		Effect	Bladder Symptoms
<ul style="list-style-type: none"> Anticholinergics* - Examples: oxybutynin, tolterodine tartrate, trospium chloride 	Possible difficulty in passing urine due to relaxation of bladder muscle	Possible decrease in bladder emptying, rarely urinary retention, overflow incontinence	
<ul style="list-style-type: none"> Alpha adrenergic agonist - Examples: Entex[®], Sudafed[®] (pseudoephedrine), 	Increases the resistance of the bladder outlet muscle	Urinary retention, voiding with a weak stream	
<ul style="list-style-type: none"> Over-the-counter cold remedies Examples: Nyquil[®], Theraflu[®], Alka Seltzer Plus Cold Relief[®], Afrin[®], long-acting nose drops 	Retention of urine, either because the bladder is relaxed or the strength of the bladder outlet muscle is increased, depending on the particular medication	Urinary retention, difficulty in starting the urinary stream, straining to void, voiding with a weak stream, leaking between urinations, frequency	
<ul style="list-style-type: none"> Alpha adrenergic antagonist Examples: Hytrin[®] (terazosin), Cardura[®] (doxazosin), Flomax[®] (tamsulosin) 	Relaxes the bladder outlet muscle	Leaking when coughing, sneezing, laughing, exercising, etc.	
<ul style="list-style-type: none"> DDAVP (desmopressin acetate) 	Decreases urine output made by the kidneys	Possible decrease in blood levels of salts. Decreased urine production	

Medicines often are given to correct problems with the bladder or the bladder outlet muscle. These drugs may be used in combination with behavioral and exercise treatments. The chart below lists the types of incontinence and the names of prescription medications used to treat them.

Prescription Medications Used to Control Incontinence

Type of Incontinence	Cause	Drug		Drug Action
Urge <ul style="list-style-type: none"> for frequency and urgency 	Overactive bladder muscle	Generic Name	Brand Name	Decreases bladder contractions and increases bladder capacity
		Drugs Primarily Used To Treat Incontinence		
Stress <ul style="list-style-type: none"> when coughing, laughing, changing positions Atrophy of the vagina and urethra 	Urethral sphincter weakness Decrease in female hormones after menopause	darifenacin	Enablex [®]	Tightens up bladder outlet muscle Improves condition of the urethral lining
		oxybutynin	Ditropan [®]	
Overflow Incontinence	Underactive bladder muscle and decrease in bladder muscle tone or restricted urine flow from an enlarged prostate in males	oxybutynin extended-release	DitropanXL [®]	Stimulates bladder muscle Relaxes sphincter
		oxybutynin transdermal	Oxytrol [®]	
Bedwetting	Too much urine made	solifenacin succinate	VESIcare [®]	Shrinks prostate
		tolterodine	Detrol [®]	
Sudden onset of urine leakage	Bacteria / UTI	tolterodine extended-release	Detrol [®] LA	Decreases bladder contractions, tightens sphincter muscle Decreases amount of urine provided
		trospium chloride	Sanctura [®]	
		<u>Other Drugs Which May Be Used By a Physician To Treat Incontinence</u> propantheline Pro-Banthine [®] flavoxate Urispas [®] imipramine** Tofranil [®]		Cures infection that caused leakage

* May be used in mixed, urge, and stress incontinence

** Has dual properties – decreases bladder contractions and tightens sphincter muscle