



WE COUNT

MEASURING THE HUMAN TOLL
OF INCONTINENCE

Oral Medications for Overactive Bladder

What is Overactive Bladder?

Overactive Bladder (OAB) is a condition that causes a strong, sudden urge to urinate. You may go to the bathroom more than 8 times a day, wake up multiple times at night to pee or have accidental leaks. Millions of Americans experience OAB, and many find relief with the right treatment plan.

How can oral meds help?

Oral medications are commonly used to treat OAB. They work by calming the bladder muscles and helping reduce the number of bathroom trips, leaks and urgency you experience. With the right treatment plan, they can be very successful for many patients.

What else should I know?

- It may take a few weeks to notice full results
- Medications often work best when combined with lifestyle changes, like fluid management or pelvic floor exercises
- If one medication doesn't work, your doctor may recommend another option or adjusting your dose
- Some benefit from combining two medications at a time

What if they don't help enough?

If oral medications don't fully control your symptoms, you still have options. Other treatments like bladder injections, nerve stimulation therapies or specialized physical therapy may help. Talk with your doctor about what's right for you.

Quick Tips for Success

- Take your medication as prescribed
- Track symptoms with a bladder diary ([click to download](#))
- Talk to your provider if you don't see meaningful results
- Stay positive – OAB can be managed; **you got this!**

The Two Main Types of Oral Medications

Anticholinergics – A Long-used Option

These were the first medications used to treat OAB. They help relax the bladder, but they can sometimes cause side effects like dry mouth or constipation, especially in older adults.

These medications have helped many people, but some may stop taking them due to side effects or limited relief.

**Common prescriptions: Oxybutynin,
Tolterodine and Solifenacin**

Beta-3 Adrenergic Agonists – A Newer Approach

While they haven't been around as long as anticholinergics, Beta-3 adrenergic agonists have quickly become a popular and trusted choice for managing OAB symptoms.

They work by helping the bladder hold more urine by relaxing the bladder muscle during the "storage" phase. Many people find this option effective and easier to tolerate, and they're often preferred for people who want to avoid common side effects associated with older treatments.

**Common Prescriptions: Mirabegron,
Vibegron**



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