

# Urinary Incontinence

For the Pharmacist

Type	Causes	Treatment			
		Non-Pharmacological	Pharmacological		
			Rx	Dose	Side Effects
Urge	Detrusor over activity	Bladder training of frequent voluntary voiding	<u>Anticholinergics:</u>		
			Oxybutynin (Ditropan, Oxytrol)	<b>PO:</b> IR: 5 mg bid-tid ; <b>ER:</b> 5 - 10 mg daily; <b>TD:</b> 1 patch q 3-4 days	Constipation, dry mouth, dizziness, headache, nausea
			Tolterodine (Detrol)	<b>PO:</b> IR: 1 mg bid; <b>ER:</b> 2 - 4 mg daily	Constipation, headache, dry mouth, dyspepsia
Stress	Failure of sphincter to remain closed during bladder filling	Pelvic muscle exercises: Kegal exercises; pessaries	<u>Alpha-1 agonists:</u>		
			Pseudoephedrine	15-30 mg po TID for elderly 30-60 mg po QID in young adults	Anxiety, restlessness, HTN, insomnia
			Topical estrogen therapy (for atrophic vaginitis)	<u>Gel:</u> 1.25 g/day topically (arm) <u>Cream:</u> 2-4 g/day vaginally x 1-2 wks, maintenance 1 g 3 x weekly	amenorrhea, spotting, weight gain, breast tenderness, HA, skin irritation at application site
Mixed	Combination of Stress and Urge	As above	Treat as above for most dominant type		
Overflow	Impaired detrusor contractility and bladder outlet obstruction	Intermittent self-catheterization	<u>Alpha-adrenergic blockers</u>		

## Medications that aggravate or mask urinary incontinence:

- **Potent fast acting diuretics** (furosemide)
- **Sedative hypnotics, neuroleptics** (Benzodiazapines, TCA's)
- **Muscle relaxants** (cyclobenzaprine)
- **α - 1 antagonists** (pseudoephedrine)
- **α - 1 agonists** (terazosin, prazosin)
- **Anticholinergics** (TCS's, diphenhydramine)
- **Calcium Channel Blockers** (diltiazem, verapamil)

❖ Note: The drugs used to treat urinary incontinence can also make the problem worse if the patient isn't properly diagnosed or if they have a mixed form.

- References: 1) Urology Channel, Urinary Incontinence; Available at: <http://www.urologychannel.com> Accessed April 4, 2005  
 2) National Association for Continence; About Incontinence; Available at: [http://www.nafc.org/about\\_incontinence/](http://www.nafc.org/about_incontinence/) Accessed April 4, 2005  
 3) Klasco RK, (Ed): DRUGDEX® System. MICROMEDEX, Inc., Englewood, Colorado (Edition expires [06/2005]).