

IRRITABLE BLADDER NOV 2013 NOTES

Symptoms Urgency Wetting

PV essential

Urinalysis if blood refer to Urology

Diary for 3 days No Urodynamics

Lifestyle Management

- Fluid restriction

- Avoid Alcohol Coffee

- Wt loss reduces Incontinence

- Stop Smoking Coughing causes Incontinence

Stop Diuretics

Physiotherapy Bladder Training

Drugs Antimuscarinics

- S/E Dry Mouth Blurred Vision Constipation Drowsiness Confusion in Elderly

Reduce intravesical pressure and contractions

Coprescribed drugs in elderly a problem

Try slow release preparations also lower of the available doses never oxybutynin in elderly

Tolterodine Darifenacin Fesoterodine

2nd Line Merabegron

Stimulates Sympathetic relaxes bladder

Then if not helping Refer Urology or Gynaecology