

Medication Class	Side Effect	Management
Beta-3 agonist	High blood pressure	<ul style="list-style-type: none"> <li>Inform your doctor.</li> </ul>

If you develop rashes, facial swelling or shortness of breath after taking the medication, you could be allergic to the medication. Please seek medical attention immediately.

#### Are there any Special Precautions that I Need to Take?

- It is important to inform your doctor if you intend to conceive or breastfeed while taking this medication.
- Avoid alcohol. Alcohol when taken together with these medications may cause increased drowsiness.
- You should inform your doctor if you have any other medical conditions especially glaucoma, high blood pressure, liver or kidney problems, gastrointestinal or bladder outflow obstruction or neuromuscular disorder (myasthenia gravis).

#### What Else can I do to Help my Condition?

- Reduce caffeine intake.
- Regular pelvic floor exercises.
- Follow the bladder exercise training as prescribed by your doctor.

#### How do I Store These Medications?

- Store your medication in a cool, dry place away from heat, moisture and direct sunlight.

If you have any problem with your treatment, please contact your doctor, pharmacist or nurse clinician.

Please keep all medications out of reach of children.

## PHARMACY

### Drug Information

## Medications to Treat Urinary Incontinence



## What is Urinary Incontinence?

- Urinary incontinence is the loss of bladder control that results in involuntary urine leakage. Aside from being a medical condition, urinary incontinence can also result in social and hygiene issues.

## What are the Medications Used to Treat Urinary Incontinence?

Medication Class	Medication Name
Antimuscarinics	<ul style="list-style-type: none"> <li>• Tolterodine</li> <li>• Solifenacin</li> <li>• Oxybutynin</li> </ul>
Beta-3 agonist	<ul style="list-style-type: none"> <li>• Mirabegron</li> </ul>

## How do the Medications Work?

- They can reduce unwanted bladder contractions, hence helping to reduce urine leakage.

## How are the Medications Administered / Taken?

- These medications are usually taken two to three times daily, with or without food.
- Sustained-release capsules should be swallowed whole. Sustained-release capsule are designed to release the benefits of the medications at planned time intervals.

## What Should I do if I Miss a Dose?

- If you miss a dose, take the missed dose as soon as you remember. If it is almost time for your next dose, take only the usual dose. Never take a double dosage to make up for the missed dose.

## Can the Medications be Administered / Taken with Other Medications?

- It is important that you inform the doctor, pharmacist about other medications – including over-the-counter medicines, supplements and traditional/herbal remedies – that you are currently taking, as they may affect the way you benefit from medications that treat urinary incontinence.

## What are the Important Side Effects?

- Medications prescribed by your doctor should be beneficial for your condition even though they may result in some inevitable side effects.

Medication Class	Side Effect	Management
All medications	Allergic reaction (rashes, facial swelling or shortness of breath after taking the medication)	<ul style="list-style-type: none"> <li>• You could be allergic to the medication. Please seek medical attention immediately.</li> </ul>
	Drowsiness, blurred vision	<ul style="list-style-type: none"> <li>• Avoid hazardous activities (e.g. driving, operating machinery)</li> <li>• Avoid alcohol as it may cause increased drowsiness.</li> </ul>
	Dry mouth	<ul style="list-style-type: none"> <li>• Suck ice chips or drink frequent sips of water.</li> </ul>
	Dry eyes	<ul style="list-style-type: none"> <li>• Apply lubricant eye drops if necessary.</li> </ul>
	Constipation	<ul style="list-style-type: none"> <li>• Take enough fibre and water.</li> <li>• Exercise can improve bowel movement.</li> </ul>
	Reduced sweating	<ul style="list-style-type: none"> <li>• Monitor body temperature in hot climates.</li> <li>• Drink sufficient water and avoid staying outdoors during hot, sunny weathers.</li> </ul>