



Center for Incontinence and Female Pelvic Medicine

MEDICATIONS FOR OVERACTIVE BLADDER

There are several medications approved to treat the symptoms of overactive bladder (**OAB**). All the medicines essentially work in the same way by decreasing the nerve impulses to the bladder that cause it to contract and leak, thereby helping to control strong sudden urges, frequency and urge incontinence. Common side effects of all the OAB medicines include dry mouth, constipation and blurred vision. Patients will often ask, "Which one is the best?" It's important to know, that each patient will respond differently to these medications, both in effectiveness and side effects. The medicines are listed below:

Oral

- **Detrol LA** (tolteradine ER) – 4mg
- **Ditropan XL** (oxybutinin ER) – 5mg, 10mg, 15mg
- **Enablex** (darifenicin) – 7.5mg, 15mg
- **Sanctura XR** (trospium chloride) – 60mg , one tablet in the morning, **on an empty stomach** (one hour before a meal)
- **Toviaz** (fesoteradine fumarate) – 4mg, 8mg
- **Vesicare** (solifenacin succinate) – 5mg, 10mg

All of the oral medications should be taken once daily at about the same time, with or without food except for Sanctura XR that needs to be taken once daily on an empty stomach, one hour before a meal.

Transdermal (absorbed through your skin)

- **Gelnique** (oxybutinin gel) – A gel applied daily to alternating areas on the arm/shoulder, thigh or stomach. Open the packet; squeeze all the contents into the palm of your hand and rub onto your skin until the gel has dried. Use the gel after you shower, after drying the skin and before other lotions.

- **Oxytrol** (oxybutinin patch) – A thin, flexible clear patch you apply to six alternating areas of the skin two times per week. It is best to try to change the patch on the same two days each week.

It's also important to realize that medications for OAB often do not resolve symptoms on their own and are meant to be used in conjunction with behavioral modifications (bladder retraining and avoidance of dietary irritants) to achieve bladder control. Patients who are compliant with taking their medication, stay committed to their bladder retraining and adhere to their diet restrictions enjoy an excellent response with resolution of their symptoms.