

Trial of stopping your Overactive bladder drug

You are currently taking a type of medicine called an anticholinergic to treat your overactive bladder symptoms. This medicine you are taking is called XXXX .(please insert the name of the OAB drug that the patient is taking here)

Why stop?

- Some people find the improvement in symptoms continues off treatment so it is important to have a break every six months to see if you still need the medicine.
- Anticholinergic drugs can cause side effects, for example a dry mouth and constipation so it is good to check that the medicine is having more benefits than side effects.
- Anticholinergic drugs are very safe but there is some evidence that they may be linked to a very small increase in the risk of developing dementia (a 1.5x increased risk of dementia in those who had been taking the drug daily for 3 years).

What should I do?

- Stop your overactive bladder medicine as advised by your clinician up to a maximum of four weeks.
- Record how you feel when you are taking the tablets and then how you feel without them, on the form on the next page. This will help you assess if the medicine is helping you.
- Let your clinician know how you got on and whether you want to re-start the medicine. You can do this at your next medication review.

What else can I do to help my symptoms?

- Cutting out caffeine, commonly found in coffee, tea and fizzy drinks, may help improve symptoms
- Drink normal quantities of fluids. Limiting fluids may make symptoms worse.
- Go to the toilet only when you need to, this allows the bladder to get used to being full.
- Bladder training may help, if you would like more information, there is a leaflet on re-training your bladder from The British Association of Urology Surgeons (BAUS) available on: [Bladder training.pdf \(baus.org.uk\)](https://www.baus.org.uk/Bladder%20training.pdf)

Patient Overactive bladder questionnaire

Before stopping the tablets:

Symptoms over the last week	Not at all	Occasionally	Often	Very often
Frequent urination during the day				
Uncomfortable or sudden urge to urinate				
Accidental loss of small amounts of urine				
Waking up at night to go to the toilet				
Urine loss associated with a strong urge to urinate				
Side effects from the tablets e.g. dry mouth constipation, blurred vision , drowsiness				
My bladder problem stopped me doing what I wanted to do				

After stopping the tablets:

Symptoms over the last week	Not at all	Occasionally	Often	Very often
Frequent urination during the day				
Uncomfortable or sudden urge to urinate				
Accidental loss of small amounts of urine				
Waking up at night to go to the toilet				
Urine loss associated with a strong urge to urinate				
Side effects from the tablets e.g. dry mouth constipation, blurred vision , drowsiness				
My bladder problem stopped me doing what I wanted to do				