

## Medications likely to cause or exacerbate incontinence

Medication likely to cause or exacerbate incontinence	Use	Possible effect on continence	Impact on individual of drug action
<b>Diuretic</b> Loop eg Frusemide  Thiazide eg Bendroflumethiazide	Managing hypertension, pulmonary oedema, heart failure and oedema.  To relieve oedema due to chronic heart failure.	Increase urine production by the kidneys Urinary urgency Urinary incontinence Frequency	Insufficient warning Increased frequency Increased voided volumes Rushing to get to the toilet can increase the risk of falls (Loop diuretics have a quicker and brisker action)
<b>Antipsychotics</b> Chlorpromzine  <b>Sedatives</b> Benzodiazepmines eg Nitrazepam	Schizophrenia and related psychotic illnesses  Sedation	Voiding difficulties Decreased awareness  Relaxes muscles and slows reflexes, do not recognise signal to void	Difficulty passing urine  Lack of concern or desire to use the toilet, resulting in wetting without awareness. Bed wetting (sleeping tablets)
<b>Anticholinergics (antimuscarinics)</b> Oxybutynin, Solifenacin, Trihexyphenidyl Procyclidine	Treatment for urge incontinence Parkinson's disease Drug induced Parkinsonism	Retention of urine Voiding difficulty Constipation	Overflow incontinence Difficulty passing urine Difficulty opening bowels
<b>Opiate analgesics</b> eg Morphine	Pain control	Bladder neck spasm, urge incontinence , constipation	Difficulty in passing urine, frequency, urgency, wetting, difficulty opening bowels
<b>Alpha-blockers</b> eg Indoramin, Doxazocin	Relax smooth muscle at bladder neck To lower blood pressure	Increase urine flow Increase stress leakage	Better flow of urine Leakage with movement / activity
<b>Antihistamine</b> (antimuscarine side effect) eg Pizotifen	Allergies, migraine, travel sickness	Voiding difficulties Reduced awareness of the need to void Sleepiness in the elderly	Difficulty passing urine. Lack of concern or desire to use the toilet, resulting in wetting often without awareness
<b>Tricyclic antidepressants</b> eg Amitryptaline, Risperidone, Haloperidol	Depressive illness	Reduce elasticity of the bladder preventing it from contracting and emptying	Overflow incontinence
<b>Calcium channel blockers</b> eg Nifedipine	Angina, Arrhythmia, hypertension	Nocturia, increased frequency	Poor quality of sleep, needing to pass urine frequently
<b>ACE inhibitors</b> Eg Ramipril	High blood pressure	Side effect of this medication is a cough, repeated coughing weakens the pelvic floor	Stress incontinence
<b>Oral oestrogen-only or combination oestrogen and progesterone pills</b>	Menopausal symptoms	Can trigger or worsen stress and urge incontinence	Urinary stress or urge incontinence