

# Treating Incontinence in Women with Medicine



Urinary incontinence is the leaking of urine from the bladder. In some cases, medicine can reduce or stop the leaking. It's mainly given for urge incontinence, a sudden need to urinate that is hard to delay. Your healthcare provider will talk with you about your choices. Make sure to ask what side effects to expect.



Below are some types of medicines that may help with urge incontinence.

## Types of medicine

- **Anticholinergics or beta-3 adrenergics.** These may increase how much urine the bladder can hold. They may also help relax bladder muscles. The most common side effects of anticholinergic medicines are dry mouth and constipation. Sucking on sugar-free candy or chewing gum and supplementing your diet with fiber may prevent these side effects.
- **Estrogen.** This may help improve muscle tone in the urethra and bladder.
- **Antibiotics.** These are used to treat urinary tract infections.
- **Botulinum toxin.** Injection of botulinum toxin into the bladder muscle is an option when other medicines are not effective. Botulinum toxin injection can be effective in treating urine leakage for up to 6 months. If successful, this treatment may be repeated.

## Tips for taking medicine

- Take your medicine on time and as your healthcare provider tells you to.
- Tell your healthcare provider if you have any side effects. Your dosage may be adjusted if needed.
- Be patient. It may take time to find the right dose for you.
- Keep a list of the medicines you take. Show it to your healthcare provider and pharmacist before you buy over-the-counter medicines.

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