

## Overactive Bladder

This handout will tell you about the signs and symptoms of an overactive bladder and the treatment options.

### Signs and Symptoms

Overactive bladder is a result of bladder spasms. Your bladder may contract, even before it is full. This makes you feel like you have to go to the bathroom right away.

You may have wetting accidents because you cannot get to the bathroom fast enough. Bladder spasms are very hard to control. You may have accidents without realizing it.

Urinary tract infections (UTIs) are common in people with overactive bladders. Wetting accidents increase the chance of infection.

Constipation is also very common and will cause the bladder to spasm. A bowel plan is a key part of treating the overactive bladder.

With patience and the proper treatment, many of the symptoms can be eased.

### Medicines

Your doctor will discuss your medicine options.

- **Oxybutynin** helps relax the bladder and control bladder spasms. It comes in a patch, tablet, and liquid forms. Facial flushing is a common side effect.
- **MiraLax®** is a powder that keeps your bowel movements regular and soft. It has no taste and you can mix it in water or juice. Your doctor will prescribe a dose that is very gentle and safe.
- **Antibiotic** if you have a lot of UTIs or have one now.

### Who to Call

Urology Clinic  
Monday-Friday, 8 am – 4:30 pm  
(608) 263-4757 or 1-800-323-8942

If you are a patient receiving care at UnityPoint – Meriter, Swedish American or a health system outside of UW Health, please use the phone numbers provided in your discharge instructions for any questions or concerns.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 8/2020 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HF#5965.