## *Types of Incontinence*

# Overactive Bladder (OAB)

## What is it?

Overactive bladder occurs when the muscles of the bladder start to contract involuntarily even when the volume of urine in the bladder is low.
The frequent need to urinate associated with this bladder condition can cause a lot of distress and can lead to social isolation.

## Symptoms

The person has frequency of voiding, usually eight or more times in 24 hours and may also have urgency symptoms. The person may present with or without urinary leakage.

## What treatment is available?

- The treatment for this condition relies on accurate and comprehensive assessment
- Give advice regarding a healthy diet to avoid and alleviate constipation
- Give advice about the importance of establishing a regular bowel routine.
- Gradually reducing caffeine intake and double voiding can ease symptoms (if caffeine is withdrawn too quickly it can lead to caffeine withdrawal headaches).
- Bladder training with a scheduled voiding programme may alleviate symptoms
- Sometimes oestrogen deficiency can cause this symptom and it can respond to vulval oestrogen cream/gel.
- Anti-muscurinic medication may ease symptoms, but may cause side effects like a dry mouth and constipation.
- Tibial nerve stimulation (talk to SPHERE about this option)

## See Advice Leaflets: -

- Continence and Laxatives
- Impact of Fluids on the Bladder
- Successful Bladder Emptying
- Voiding Programmes
- Oestrogen Deficiency
- Antimuscurinic Medication
- Tibial Nerve Stimulation

**See also: -**

**NICE Clinical Guidance - Urinary Incontinence in Women: Management**
https://www.nice.org.uk/guidance/cg171

**NICE Clinical Guidance – Lower Urinary Tract Symptoms in Men: Management**
https://www.nice.org.uk/guidance/cg97

**NICE Clinical Guidance – Percutaneous Posterior Tibial Nerve Stimulation for Overactive Bladder Syndrome**
https://www.nice.org.uk/guidance/ipg362

**NICE Clinical Guidance – Sacral Nerve Stimulation for Incontinence and Urgency/Frequency**
https://www.nice.org.uk/guidance/ipg64