



Are You Experiencing Symptoms of Overactive Bladder (OAB)?



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How Does the Bladder Work?

The bladder is a part of the urinary tract which stores urine made by the kidneys before it is passed out from the body. Nerve signals in your brain let you know that your bladder is getting full. This makes you feel the need to urinate. If your bladder is working normally, you can control the need to urinate longer than when it is not.

What Is OAB?

OAB is a medical condition characterized by a group of urinary symptoms. It is not a disease. OAB can happen when nerve signals between your bladder and brain tell your bladder to empty even though it is not full or when the muscles in your bladder are too active.

What Are the Symptoms of OAB?

Urgency: A sudden and strong need to urinate right away

People with OAB also have 1 or more of these signs:

Frequency: Urinating 8 or more times per day or what seems like too often

Urge Incontinence: A sudden need to urinate followed by urine leakage

Night Urination: Waking up 1 or more times during the night to urinate

These symptoms can also be caused by a urinary tract infection, being sick, or as a side effect of a medication. Your healthcare provider can advise you on the possible cause of your symptoms.

How Common Is OAB?

OAB is a common condition—about 46 million US adults who are 40 years of age or older say they have signs of OAB at least “sometimes.”

What Treatment Options Are Available for OAB?

Lifestyle changes and medication can help treat OAB. Treatment is different for everyone. Together, you and your healthcare provider will decide what is best for you.

Lifestyle Changes

- Limit food and drinks that bother your bladder
- Keep a diary of your trips to the bathroom
- Go to the bathroom on a schedule instead of only when you feel the urge
- Talk to your healthcare provider about exercises that help to relax your bladder muscles

Prescription Medications

- Medications can be taken in addition to making lifestyle changes
- There are medications that may help with your OAB symptoms. Your healthcare provider can advise you about what medication may be right for you



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Talking With Your Healthcare Provider About Your Bladder Symptoms

Choose an option for each question. Then use your answers to start a discussion with your healthcare provider:

1. How many times per day do you rush to the bathroom to urinate and worry that you won't make it?

0-3

4-7

8 or more

2. How many times per day do you use the bathroom to urinate?

0-3

4-7

8 or more

3. How many times per week do you limit how much you drink so you don't have to make as many trips to the bathroom?

0-3

4-7

8 or more

4. Do you make sure you know where to find the bathroom, no matter where you are?

Yes

No

5. How many times have you leaked urine this week?

0-3

4-7

8 or more

6. How many times do you use the bathroom to urinate during the night?

0-3

4-7

8 or more

You may feel embarrassed to talk about your bladder symptoms. But healthcare providers are used to hearing about these kinds of symptoms. Don't wait. There are many ways to treat OAB. You just have to ask.

Date _____

DOB _____

Name _____

MRN _____