



Setting Expectations for Your Overactive Bladder (OAB) Treatment



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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 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 symptoms:

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 Are Risk Factors for OAB?



AGE

As people grow older, they are at a higher risk for OAB.



GENDER

OAB can be more common in women.



HEALTH CONDITIONS

Some health conditions, such as neurological diseases (e.g., stroke, multiple sclerosis) and uncontrolled diabetes along with OAB, place people at a higher risk for complicated OAB. Your healthcare provider can give you more information.



DIET

Certain food and drinks can irritate your bladder and may make OAB symptoms worse. Ask your healthcare provider for more information on these irritants.



Setting Expectations for Your Overactive Bladder (OAB) Treatment

What Treatment Options Are Available for OAB?

Lifestyle changes and medication may 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

Important Reminders for Your OAB Treatment



① ----- Fill your prescription if your healthcare provider prescribes a medication for you.



② ----- Take your OAB medication every day as prescribed by your healthcare provider.



③ ----- Be patient and stick with your treatment, as it may need time to work.



④ ----- Keep track of your progress and talk with your healthcare provider. Not all treatments work the same for every patient. You may need to speak with your healthcare provider about changing your treatment or dose.

Speak with your healthcare provider if your OAB symptoms get worse or if you are having side effects that bother you.