

Medications likely to cause or exacerbate incontinence

Medication likely to cause or exacerbate incontinence	Use	Possible effect on continence	Impact on individual of drug action
Diuretic Loop eg Furosemide Thiazide eg Bendroflumethiazide	Managing hypertension, pulmonary oedema, heart failure and oedema. To relieve oedema due to chronic heart failure.	Increase urine production by the kidneys Urinary urgency Urinary incontinence Frequency	Insufficient warning Increased frequency Increased voided volumes Rushing to get to the toilet can increase the risk of falls (Loop diuretics have a quicker and brisker action)
Antipsychotics Chlorpromazine Sedatives Benzodiazepines eg Nitrazepam	Schizophrenia and related psychotic illnesses Sedation	Voiding difficulties Decreased awareness Relaxes muscles and slows reflexes, do not recognise signal to void	Difficulty passing urine Lack of concern or desire to use the toilet, resulting in wetting without awareness. Bed wetting (sleeping tablets)
Anticholinergics (antimuscarinics) Oxybutynin, Solifenacin, Trihexyphenidyl Procyridine	Treatment for urge incontinence Parkinson's disease Drug induced Parkinsonism	Retention of urine Voiding difficulty Constipation	Overflow incontinence Difficulty passing urine Difficulty opening bowels
Opiate analgesics eg Morphine	Pain control	Bladder neck spasm, urge incontinence , constipation	Difficulty in passing urine, frequency, urgency, wetting, difficulty opening bowels
Alpha-blockers eg Indoramin, Doxazocin	Relax smooth muscle at bladder neck To lower blood pressure	Increase urine flow Increase stress leakage	Better flow of urine Leakage with movement / activity
Antihistamine (antimuscarine side effect) eg Pizotifen	Allergies, migraine, travel sickness	Voiding difficulties Reduced awareness of the need to void Sleepiness in the elderly	Difficulty passing urine. Lack of concern or desire to use the toilet, resulting in wetting often without awareness
Tricyclic antidepressants eg Amitriptyline, Risperidone, Haloperidol	Depressive illness	Reduce elasticity of the bladder preventing it from contracting and emptying	Overflow incontinence
Calcium channel blockers eg Nifedipine	Angina, Arrhythmia, hypertension	Nocturia, increased frequency	Poor quality of sleep, needing to pass urine frequently
ACE inhibitors Eg Ramipril	High blood pressure	Side effect of this medication is a cough, repeated coughing weakens the pelvic floor	Stress incontinence
Oral oestrogen-only or combination oestrogen and progesterone pills	Menopausal symptoms	Can trigger or worsen stress and urge incontinence	Urinary stress or urge incontinence