

# Lack of control when you wee?

**Wee:** urine, pee

**Incontinence:** when you have problems controlling your pee

Overactive bladder (OAB) is characterized by the urgent need to empty the bladder. Sometimes patients do not reach the toilet in time. Other symptoms include frequent toilets visits during day and/or night time.

## Are you suffering from:

- The urgent need to go to the toilet
- The need to go often
- Leaking and wetting of clothing
- Not being able to reach the toilet in time (sometimes called front door syndrome or key-wee)

In this overview you can see different options not exhaustive to treat these symptoms. In addition, you can check with your doctor to see which treatment works best for you. Furthermore, this overview provides general guidance and should not be used as an alternative to the advice of your doctor.

## Did you know?

Hospital doctors that look after your bladder are named "Urologists" or "Urogynaecologist".

This flowchart is an overview based on international recommendations, individual centers may have treatment pathways that differ.

All possible treatments per step are listed in random order.

## Step 1

### Things you can try yourself

- Healthy lifestyle adjustments such as: weight loss
- Nutrition
- Keeping a bladder diary
- Pelvic floor exercises

## Step 2

### Step 1 does not work

Maintain a healthy lifestyle and visit your GP to talk about your symptoms. Your GP might want to run some tests or refer you to a specialist. Things you may discuss include:

- Pelvic physiotherapy: physical rehabilitation /strenghtening of the pelvic floor muscle
- Medication: tablets
- Incontinence materials/aids such as: pads, pull up pants or catheters

## Step 3

### Step 2 does not work

Your GP may refer you to the hospital or a continence clinic for further tests and treatment options. Continue to maintain a healthy lifestyle. Treatment options include:

- Sacral neuromodulation (SNM): pacemaker for bladder/bowel
- Botox: injection of Botulinum-toxin A into the bladder wall
- Posterior tibial nerve stimulation (PTNS): Stimulation of a nerve in the lower leg

## Step 4

### If the above doesn't help

- Repeated assessment by a specialist team
- There are other surgical options available and you may be able to discuss these with your hospital team

**More information?** Your health care team or patient organization **www.aca.uk.com** are happy to assist you. Or visit **www.supportincontinence.org**

