Table 2

Recommended pharmacological treatment for overactive bladder[4]

First line	Dosage	Dose titration	Comments
Oxybutynin immediate release	2.5 mg od to 5 mg tds	Gradual increase	Immediate effect, can be used PRN Low cost
Tolterodine immediate release	1-2 mg bd	Increase after 4 weeks if needed	Titration
Darifenacin	7.5-15 mg od	After two weeks reassess and increase dose if needed	Extended release, titration
Second line			
Solifenacin	5-10 mg od	Increase after 4 weeks if needed	Extended release, allows titration §
Fesoterodine	4-8 mg od	Increase after 4 weeks if needed	Extended release, allows titration §
Tolterodine extended release	4 mg od	Nil	Extended release §
Oxybutynin XL §	5 mg to 15 mg od	Increase after 4 weeks if needed	Extended release §
Oxybutynin patches §	3.9 mg/24 hours Twice weekly	Nil	Extended release avoids first hepatic passage §
Trospium immediate release §	20 mg bd	Reduced dose if renal impairment	Does not penetrate the blood-brain barrier. No CNS side effects. (confusion) §
Trospium extended release §	60 mg od	Nil	Does not penetrate the blood-brain barrier. No CNS side effects. (confusion) §
Propiverine §	15 mg od to tds	Increase after 4 weeks if needed	Extended release, calcium channel blocking properties §
Desmopressin	0.05 mg bd	Titrate as needed. Optimal dose depends on the patient's response	Treatment of idiopathic nocturia and diabetes insipidus. Its use is off license. Requires monitoring of sodium during initiation of therapy in the elderly
Third line			
Mirabegron	50 mg od	25 mg in renal or hepatic impairment	Can be used when antimuscarinics are contraindicated or poorly tolerated

§ Common side-effects are dry mouth, constipation, blurred vision, dyspepsia.
In the elderly can aggravate or trigger confusion

Contraindications
Antimuscarinics: Untreated narrow angle glaucoma or narrow anterior chamber angles, unless discussed with ophthalmologist. Myasthenia gravis, bladder retention, bowel obstruction, severe ulcerative colitis

Mirabegron: Severe hypertension. Can cause tachycardia, mild BP increase, UTI
Use cautiously when using concomitant drugs that prolong the QT-interval