# **OVERACTIVE BLADDER**

CARE PATHWAY

**PATIENT NAME:** 



Overactive Bladder (OAB) is a clinical syndrome characterised by urinary urgency, usually accompanied by urinary frequency, nocturia and for some, the inability to control urinary continence (urinary urgency incontinence)

This Care Pathway will help you understand your treatment options, and track the management plan for your OAB symptoms.

This pathway is a general guide and should not replace the advice of your Doctor which may be tailored to your individual situation.

4 weeks

8 weeks

Ongoing therapy

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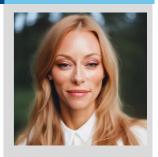
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#### **4 WEEK VISIT**

You should anticipate noticeable improvements.

After 4 weeks without change in symptoms, it is time for a reevaluation or progression to medication therapy.

#### **POSSIBLE MEDICATION** SIDE EFFECTS

(Not everyone experiences side effects

**B3 Agonist:** Small risk of Hypertension, headache, palpitations

**Anticholinergic:** Dry mouth, constipation, blurred vision, dry eyes, cognitive side effects

**Re-Evaluation Appointment 1** 

Re-Evaluation **Appointment 2** 

**Re-Evaluation Appointment 3** 



**LIFESTYLE MODIFICATIONS +/-**TIMED VOIDING

**DIETARY MODIFICATIONS** 

**FLUID MANAGEMENT**  **BLADDER RETRAINING/ PHYSIOTHERAPY** 

## **RE-EVALUATION**

ANTICHOLINERGIC EG OXYBUTYNIN, **SOLIFENACIN** 

**BETA-3 AGONIST EG MIRABEGRON** (BETMIGA)

**RE-EVALUATION** 



**URODYNAMIC ASSESSMENT** 



#### SACRAL **NEUROMODULATION** (Can also improve bowel symptoms, and urinary retention)

вотох

## **PTNS** 12 weekly treatment sessions

## SACRAL **NEUROMODULATION** (Can also improve bowel

6-9 monthly ongoing sessions

### **PTNS** ongoing maintenance

вотох symptoms, and urinary retention)