

Treatment of Overactive Bladder in Women Based on NICE Clinical Guideline CG171.¹ November 2015. Urinary Incontinence in women. Available at: <https://www.nice.org.uk/guidance/CG171>

Do not use flavoxate, propantheline and imipramine for the treatment of UI or OAB in women. Do not offer oxybutynin immediate release to frail or elderly women. Take into consideration co-existing conditions and the use of other existing medication affecting the total anticholinergic 'burden' (ACB) or 'load'. Please see page 2 for further information on ACB.

First line medication: 28 days treatment
Consider most cost-effective option. (Drug Tariff September 2018)

1a.	Oxybutynin* 2.5mg bd	£1.11
	Oxybutynin* 5mg bd (Titrate to 5mg tds as tolerated)	£1.40
	Tolterodine 1mg bd	£2.78
	Tolterodine 2mg bd	£3.51

For patients who need a once daily preparation consider:

1b.	Tolterodine MR (Neditol®) 4mg od	£12.89
	Darifenacin 7.5mg - 15mg od	£25.48

*Please note: Oxybutynin is contraindicated in the frail elderly.

Contraindication to antimuscarinics

Review at 4 weeks face to face or by telephone.
Review sooner if side effects intolerable.

If the first line option is not effective or well tolerated, offer another drug with the lowest acquisition cost, either from the list of first line options above, or one of the drugs below under second line treatment options.

Second line medication: 28 days treatment

Oxybutynin MR 5mg od	£13.77
Oxybutynin MR 10mg od	£27.54
Trospium 20mg bd	£7.56
Solifenacin 5mg – 10mg od	£27.62-£35.91

If unable to tolerate oral medication consider a transdermal drug

- Oxybutynin 3.9mg/24 hours (Kentera®). Apply one patch twice weekly. £27.20

Review at 4 weeks face to face or by telephone.
Review sooner if side effects intolerable

If antimuscarinics are contraindicated, clinically ineffective or have unacceptable side effects then mirabegron (Betmiga®) may be considered.

Third line medication: 28 days treatment

Mirabegron (Betmiga®) 25mg – 50mg od	£29.00
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Troublesome side-effects or lack of efficacy

Consider referral to Specialist

Use of other existing medication affecting the total anticholinergic load

There is increasing awareness and concern regarding the accumulation of anticholinergic “burden” (ACB) or “load” associated with antimuscarinic agents as a result of taking multiple medications, leading to increased adverse events, especially in the elderly.² Drugs with established and clinically relevant cognitive anticholinergic effects are considered to be definite anticholinergics and have an ACB score of 2 or 3.² Patients with an ACB score greater than 3 have a high risk of mortality. For each point increase in total ACB score, a 0.33-point decline in Mini-Mental State Examination over 2 years has been suggested.² Furthermore, each additional point in total ACB score has been correlated with a 26% increase in the risk of death in a published study.²

NICE¹ recommends that oxybutynin should not be offered to frail elderly due to the risk of impairment of daily functioning (which is common), chronic confusion and in rare cases acute delirium. Frailty is defined as older patients with multiple co-morbidities, functional impairments such as walking or dressing difficulties, and any degree of cognitive impairment. Patients at high risk of anticholinergic load should be prescribed OAB drugs with caution and should only be prescribed these drugs after a full medication review.

Drugs on the ACB scale³

The Aging Brain Care, Anticholinergic Cognitive Burden Scale (2012 update) is available on the University of East Anglia Website: www.uea.ac.uk/documents/3306616/10940915/Anticholinergics/088bb9e6-3ee2-4b75-b8ce-b2d59dc538c2

References

1. NICE Clinical Guideline 171. The management of urinary incontinence in women. September 2013. Available at: <http://guidance.nice.org.uk/CG171>. Accessed <01.10.18>
2. PrescQIPP Bulletin 58: Drugs for urinary frequency, enuresis and incontinence. April 2014. Available at: <https://www.prescqipp.info/component/jdownloads/send/99-urinary-incontinence/1280-bulletin-58-urinary-incontinence>. Accessed <01.10.18>
3. PrescQIPP Bulletin 140: Anticholinergic drugs (Attachment 2 – Drugs on the ACB scale). Available at: <https://www.prescqipp.info/component/jdownloads/send/294-anticholinergic-drugs/2870-attachment-2-drugs-on-the-acb-scale> (sign in required). Accessed <01.10.18>