



Are you experiencing overactive bladder (OAB) symptoms even though you're taking an OAB medication?

Let me help you learn more about your OAB symptoms and available treatment options that may be appropriate for you

## **“WHAT ARE THE SYMPTOMS OF OAB?”**

**People with OAB regularly experience one or more of the following symptoms:**

### **URGENCY**

A sudden and overwhelming need to urinate right away.

### **FREQUENCY**

Urinating 8 or more times per day or what feels like too often.

### **URGE INCONTINENCE**

A sudden urge followed by urine leakage (a wetting accident).

### **NOCTURIA**

Waking up 1 or more times during the night to use the bathroom.

**Some of these symptoms can be the result of a urinary tract infection (UTI), an illness, damage to nerves, or a side effect of a medication. Your doctor will check to make sure nothing else is causing your symptoms.**

## “WHAT ARE THE FACTS ABOUT OAB?”

**Don't believe OAB myths! Here's a reminder of the facts about OAB...**

- OAB is **NOT** “just part of being a woman”
- OAB is **NOT** “just having an ‘enlarged’ (big) prostate”
- OAB is **NOT** “just a normal part of getting older”
- OAB is **NOT** caused by something you did
- Surgery is **NOT** the only treatment for OAB
- There **ARE** treatments for OAB that can help manage symptoms
- There **ARE** treatments that many people with OAB find helpful
- There **ARE** treatments that can help, even if your symptoms aren't severe or if you don't have urine leaks

## “HOW ARE OAB SYMPTOMS TREATED?”

Currently, your doctor may be using one treatment alone or a combination to help you manage your OAB symptoms. Treatment choices include:

### LIFESTYLE CHANGES

- **Changing what you eat and drink** to see if less caffeine, alcohol, and/or spicy foods will reduce your symptoms
- Keeping a **daily “bladder diary”** of your trips to the bathroom
- Going to the bathroom at **scheduled times** during the day
- Doing “quick flick” **pelvic exercises** to help you relax your bladder muscle when you feel a strong urge to urinate

### PRESCRIPTION MEDICATIONS

- Your doctor may **prescribe drugs** to help with your OAB symptoms

## “I’M NOT SURE MY OAB TREATMENT IS WORKING.”

**Answer and then use the following questions as a starting point for a conversation with your doctor about your OAB treatment...**

- 1 Are you taking your OAB treatment regularly? ☐ Y ☐ N
- 2 Do you feel your OAB symptoms are under control with your current OAB treatment? ☐ Y ☐ N
- 3 How many times have you leaked urine this week? \_\_\_\_\_ times
- 4 Do you feel that your OAB treatment may not be right for you? ☐ Y ☐ N
- 5 How many OAB medications have you already tried? \_\_\_\_\_ meds
- 6 How many weeks or months did you try each medication? \_\_\_\_\_ wks/mos
- 7 Would you like to try another OAB treatment option? ☐ Y ☐ N

**Talk to your doctor. There are available OAB medications that may be appropriate options for you.**

## **“IS MY CURRENT OAB MEDICATION THE BEST OPTION FOR ME?”**

**If you are experiencing OAB symptoms even though you’re already taking an OAB medication, you are not alone**

- It is important to communicate your progress to your doctor to ensure the best possible treatment outcome
- Not all medications or dosage strengths work the same for every patient, so you may need to try a few options
- There are available OAB treatments that your doctor may feel are appropriate for you