

<i>Client:</i>	<i>Date:</i>
<i>Clinician:</i>	

## Medications

Your healthcare provider may prescribe medication to help control your incontinence. He or she will describe how it works and any side effects it might have. Medications may:

- Help stop the bladder from contracting too often to push urine out.
- Help the bladder muscles contract with more force, or help relax the sphincter muscle and allow urine to flow
- Help the sphincter work better to stay closed and not let urine leak out.

If a urinary tract infection is the cause of your incontinence, antibiotics can clear up the infection.

## Behavioral Changes

Your healthcare provider may recommend certain changes in your daily routine to help control your incontinence. These changes may include:

- Avoiding substances such as caffeine and alcohol (which can increase urination)
- Following a schedule for drinking fluids and urinating (timed voiding)
- Changing certain medications that you take if necessary

Your healthcare provider may also recommend Kegel exercises. These exercises involve regularly tightening the muscles in your sphincter and around your bladder to help strengthen them. Your doctor, or physical or occupational therapist can explain how these exercises are done.

**Publication Source:** Estañol MVC, Diokno AC, Clinics in Geriatric Medicine 20(3), Surgical management of urinary incontinence: a geriatric perspective, 38200, pp 525-537

**Publication Source:** Keilman LJ, Primary Care; Clinics in Office Practice 32(3), Urinary incontinence: basic evaluation and management in the primary care office, 38596, pp 715-718

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## IMPORTANT NOTICE

Contact the on-call nurse at the office checked above if you are experiencing any change in your current health condition  
For ALL emergencies requiring IMMEDIATE medical attention, call 911