Treatment Pathway – Overactive Bladder

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Norfolk and Waveney Integrated Care System

Patient diagnosed with overactive bladder

NICE Guideline NG123 Urinary Incontinence (updated June 19)

Link to N&W Netformulary

Offer Conservative Management as appropriate:
- Lifestyle changes (reduce caffeine intake, fluid modification, etc.)
- Refer to Continence Advisor for Bladder retraining
- Supervised Pelvic Floor Muscle training

Conservative Management successful?

Yes → Patient managed

No ↓

Consider anti-cholinergic treatment: ***Any contraindications?***
- Co-morbidity: *Myasthenia gravis; Closed angle glaucoma; risk of bladder outflow obstruction*
- *High Anticholinergic Burden*

Yes →

Consider beta-3 adrenergic agonist Mirabegron (monotherapy) NICE TA290
***Contraindications / cautions:** severe uncontrolled hypertension; QT prolongation; stage 2 hypertension. Baseline & periodic BP monitoring is required

Treatment tolerated and successful?

No → Consider specialist consultation / referral

Yes → Continue treatment alongside lifestyle modification. ***Consider drug holidays every 6 to 12 months***

No ↓

Initiate anti-cholinergic therapy:
- Solifenacin (*generic*) or Tolterodine IR (*generic*)

Treatment tolerated and successful?

Yes → Continue treatment alongside lifestyle modification. ***Consider drug holidays every 6 to 12 months***

No ↓

- *Stop* anti-cholinergic drug *and*
- *Consider* beta-3 adrenergic agonist Mirabegron (monotherapy) NICE TA290 See also ***Contraindications / cautions ***. Baseline and periodic BP monitoring is required.

Treatment successful?

Yes → Continue treatment alongside lifestyle modification. ***Consider drug holidays every 6 to 12 months***

No ↓

Consider specialist consultation / referral

Primary Care Pathway

Specialist (*Urology or Urogynaecology*) to consider use of:
- Dual therapy with an Anticholinergic drug + Mirabegron – *for recommendation to GP*
- Botulinum toxin-A
- Sacral Nerve Stimulation (IPG64)
- Reconstructive surgery: Clam ileo-cystoplasty or urinary diversion

Specialist Referral