



## TIPS FOR MANAGING OAB

When talking to your doctor about your overactive bladder (OAB) symptoms, be sure to ask which management options may be right for you.

### Behavioral and Lifestyle Management Options

#### Avoiding Excess Caffeine

Reducing caffeine intake may decrease the urgency and frequency with which you need to pee.<sup>1</sup>

#### Losing Weight

For people who are overweight or obese, weight loss may decrease the occurrence of leakage and accidents.<sup>2</sup>

#### Making Dietary Changes

Foods and beverages containing caffeine and artificial sweeteners, such as carbonated beverages, may contribute to OAB symptoms. Citrus fruits may also irritate the bladder.

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#### Exercising Pelvic Muscles

Pelvic floor muscle training, or “kegel exercises,” may help to improve strength and control. Behavioral therapies such as this may be introduced by nurses or physical therapists with training in pelvic floor therapy.<sup>2</sup>

#### Bladder Training

Distraction and relaxation techniques may be used to gradually increase the length of time between visits to the bathroom to pee.<sup>4</sup>

#### Absorbent Garments

Pads, panty liners, diapers and other absorbent garments can be used to manage leaking.<sup>5</sup>



## Medication, Procedural and Surgical Management Options

### Medications

There are over-the-counter and prescription options that you and your doctor may discuss.<sup>2</sup>

### Procedures

Talk to your doctor about non-medication therapies.<sup>2</sup>

### Surgery

While surgical options for managing OAB exist, they are typically used as a last resort in select patients.<sup>2</sup>

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### References

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