

# Ditropan/Oxytrol



urogynaecology patient  
information

## What is a Ditropan/Oxytrol?

Ditropan (oxybutynin) is a medication used for the treatment of urge incontinence or unstable bladder. It helps to normalise bladder activity. To achieve the best outcome it is also important to continue bladder re-training, pelvic muscle exercises and vaginal Oestrogen (if needed). The combination of these methods will help you to be able to hold longer and increase your bladder volumes.

Oxytrol is the same medication (oxybutynin) but delivered to the body via a patch, rather than a tablet.

## What is the normal dose of Ditropan given?

The dose of Ditropan used in our bladder clinic is 2.5mg, twice daily, unless stated otherwise. The dosage will be printed on the medication when dispensed by your pharmacist.

## How long does it take for Ditropan to work?

You should finish the course of tablets, even if there is no immediate effect as the optimum effect may take a few weeks to manifest.

## What side effects should I expect?

Common side effects include:

- Dry mouth
- Constipation
- Blurred vision
- Nausea
- Dizziness

Side effects are less common on a low dose of 2.5mg, twice daily. If side effects are causing you distress, or you suffer from any other unwanted side effects whilst taking Ditropan, please tell your doctor or pharmacist.

## What can I do if side effects are preventing me from using Ditropan?

An alternative to Ditropan is the Oxytrol skin patch, which is used twice weekly and is especially useful in women that have side effects to Ditropan.

## Tips for Success

Ensure you drink 6-8 glasses of fluids per day. Limit caffeinated drink intake to 3 servings per day. If bladder symptoms are severe, cease consumption of caffeinated drinks entirely (or switch to decaffeinated).

If you find that mouth dryness is a major problem, sucking sweets (sugar free) can often help with this symptom, rather than increasing water intake.