

MANAGING OVERACTIVE BLADDER IN ADULTS
A GUIDE FOR CAREGIVERS

Does having to go to
the **restroom** constantly
interrupt **family time**?



What is OAB?

With overactive bladder (OAB), the bladder may signal that it's time to go to the bathroom even when it isn't full.

These are some common symptoms of OAB in adults:

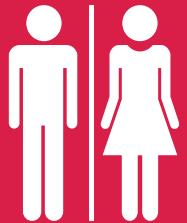
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- ① **Urgency** – a sudden and very strong need to pee immediately



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- ② **Urine leakage** – wetting accidents that follow a sudden urge to pee; this could mean a few drops or more



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- ③ **Frequency** – peeing more than 8 times a day; normal is 6 times per day or every 3 to 4 hours



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- ④ **Nighttime trips to the bathroom** – waking up 2 or more times during the night to pee



What happens in OAB?

With OAB in adults, the bladder muscle squeezes:

- Without warning
- When the bladder isn't even full
- Without control
- Too often



Normal Bladder



Overactive Bladder

Did you know?

Symptoms of OAB in adults may increase:

- As you grow older
- In men who have had prostate problems
- In women who have gone through menopause

Here are some signs to look out for:

- Frequent trips to the restroom
- Sudden drop in outings with friends
- Will only leave home for a short time
- Odor of pee in home or clothes
- Rushing to the bathroom when they arrive
- Wearing clothing that hides accidents

Starting the conversation about OAB in adults

Talking about bladder symptoms with family can feel embarrassing. Here are some ways to help:

- Be sensitive. It can be less embarrassing to talk about OAB as a medical condition.
- Let them know their feelings are normal.
- Don't pressure them. Be gentle and concerned.
- Be supportive. Let them know you will help them take the next steps.
- Encourage a visit with their doctor.



My adult family member is showing signs of OAB symptoms. What should I do next?

Talking to a medical provider will help to work out the appropriate next steps. Here's what to expect.

Be prepared.

The medical provider will ask your family member about their health history. Help them gather this information before their appointment.

Speak up.

Encourage your family member to take advantage of time with the medical provider to talk about their OAB symptoms.

Ask questions.

Let your family member know that now is the best time to ask questions that will help them to understand and manage their OAB symptoms.

Record their OAB symptoms.

Help your family member keep a record of their bathroom habits to start the conversation with their medical provider about treatment options.



There are options available for managing OAB symptoms in adults

If your family member has OAB, know it is a condition that likely won't go away, but there are ways of addressing it.

Lifestyle changes

- Talk to a medical provider about how much fluid to drink daily. Also, try avoiding foods and drinks that bother the bladder, such as coffee, soda, and spicy foods.

Taking medicine

- In addition to behavior changes, taking medicine is an option for some.

Other treatment options

- If behavior changes and medicine don't help, talk to your medical provider about other options.

