

THE ONSET OF TREATMENT EFFECTS IN ANTICHOLINERGIC DRUG TREATMENT BY TROSPIUM CHLORIDE – RESULTS OF A SURVEY IN 2553 PATIENTS

Aims of the study

To determine the onset of treatment effects of anticholinergic drug treatment by trospium chloride in patients suffering from urgency or urge urinary incontinence.

Methods

This was a survey of 446 physicians (324 urologists, 86 general practitioners and 12 internists, 24 no specification). They documented symptoms of 2553 patients (1947 females, 573 males, no specification: 33) at the beginning and 1, 3, 5, 7 and 14 days after of drug treatment with trospium chloride (Spasmolyt®). The average age of the patients was 61,3 years and the medium duration of the observation was 15,3 days (2 – 134). The prescribed dosage of trospium chloride predominately was 40 mg daily (57 % of patients). In 21,7 % of patients a filling cystometry was available; otherwise the diagnose was made by anamnestic data, uroflow, and general examination.

Results

1690 (66,2 %) of the patients suffered from urinary incontinence (urge urinary incontinence: 33,6 %; mixed urinary incontinence: 26,7 %; stress urinary incontinence: 5,8 %), and 833 patients (32,6 %) from urgency (rest: no specification). Judged by the physicians treatment with trospium chloride led to an improvement or remarkable improvement of symptoms in 91,3 % of the patients. 7,6 % were classified as „no change“.

In detail there was a decrease of daytime frequency from 10,5 to 6,2 per day. Nocturia was reduced from 3,3 to 1,3 per night. Urinary incontinence was seen 4,5 times per day before treatment; after 14 days of therapy patients only suffered from 1,6 incontinence episodes per day (see fig. 1).

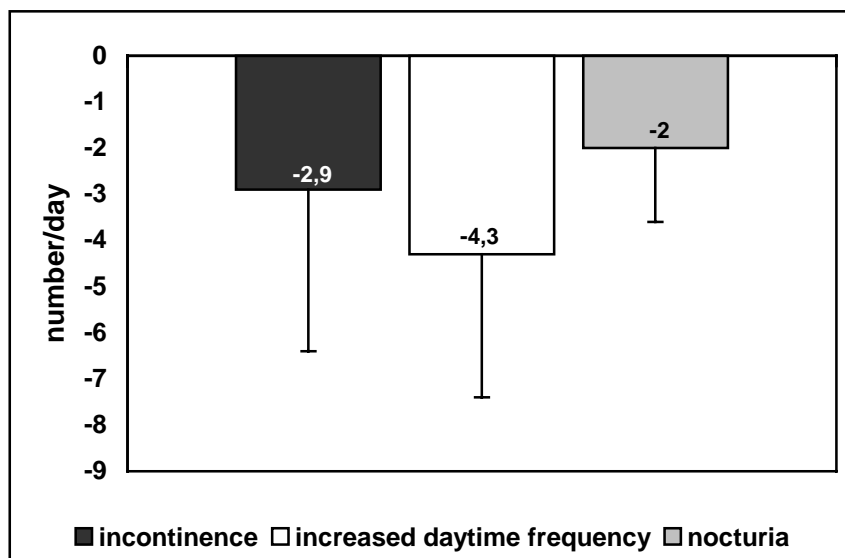


Fig. 1: mean changes (SD) of symptoms (day 14 - baseline) under anticholinergic drug treatment with trospium chloride, $p < 0,0001$.

An improvement of symptoms could already be seen at the third day of therapy with trospium chloride. Defined as reduction of at least one event 69,3 % / 57,4 % of patients realized a reduction of increased daytime frequency/nocturia. 60,0 % reported an improvement of urinary incontinence. The most pronounced improvement of symptoms could be seen between the third and seventh day of therapy (see fig. 2).

37 patients (1,4 %) complained of side effects. In the majority this was dry mouth ($n = 17$) or constipation/nausea ($n = 10$). Only 15 patients (0,6 %) were withdrawn due to side effects.

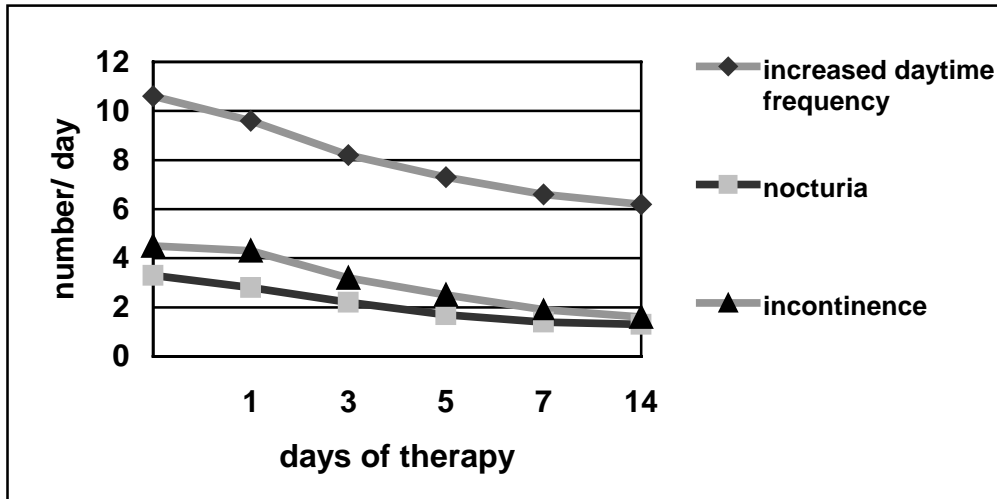


Fig. 2: changes of symptoms under treatment with trospium chloride

Conclusion

Frequency of incontinence, increased daytime frequency and nocturia began to diminish after three days of therapy with trospium chloride in 2553 patients with urgency or urge urinary incontinence. The most pronounced improvement could be seen between the third and seventh day of therapy. This quick onset of treatment effects is important with regard to the patient's compliance. In addition therapeutic failures can be identified early and further diagnostic efforts can be initiated.