

THE EFFECTIVE COMBINATION OF TWO ANTICHOLINERGIC DRUGS WITHOUT AN INCREASE OF SIDE EFFECTS IN PATIENTS WITH NEUROGENIC BLADDER

Hypothesis / aims of study

In most cases in the treatment of urgency incontinence, the recommended dosage of a single anticholinergic drug is sufficient. However, in certain patients, the desired effect cannot be achieved. To ensure the continuance of the drug, the side effects must be moderate. We analyzed the efficacy of the combined anticholinergic drugs with a urodynamic evaluation and tolerability in patients with neurogenic bladder.

Study design, materials and methods

Of the 28 patients (8 women, 20 men) 24 had spinal cord injury, 2 had multiple sclerosis and 2 had meningomyelocele. Those patients treated for urgency incontinence received a urodynamic evaluation of the actual bladder overactivity. In addition to the first prescribed drug, a second was added. The dosage was increased until the goal of reduced incontinence episodes was achieved or major side effects (dry mouth, constipation) arose. The follow-up was monitored by a voiding/catheter diary and a final urodynamic evaluation. Group 1 (n=11) Trospiumchlorid (45-120 mg) and Tolterodin (4-8 mg) Group 2 (n= 8) Trospiumchlorid (45-120 mg) and Oxybutynin (15-30 mg) Group 3 (n= 9) Tolterodin (4-8 mg) and Oxybutynin (15-30 mg).

Results

Urodynamic findings & Incontinence episodes prior and after changing the medication						
-	Group 1		Group 2		Group 3	
	prior	post	prior	post	prior	post
Reflex Vol ml	125+/-10	301+/-20	120+/-15	367+/-30	147+/-35	325+/-40
Bladder Cap ml	182+/-30	410+/-30	167+/-25	412+/-40	195+/-40	375+/-50
Incontinence Episodes/Day	7+/-3	2+/-2	09+/-1	1+/-2	7+/-3	0,5+/-1

Interpretation of results

An increased dosage and the combination of different anticholinergics are effective in patients with neurogenic bladder and were well accepted in most cases. In our experience, the combination of Tolterodin with Oxybutynin is the most effective. Most patients tolerated the combination of different anticholinergics with no side effects or with only a mild increase of side effects.

Concluding message

The combination of anticholinergics outside the recommended dosage requires close follow up but can have an enormous benefit for the patient.