

UI EHR Materials

NOTE TEXT

Urinary incontinence: Patient has symptoms of both stress and urge incontinence. History and exam did not suggest underlying cause; urinalysis and microscopy were sent today. Patient was counseled that incontinence is common but not normal and behavior changes can improve symptoms for most women. Written and electronic resources for behavior modification programs provided. Patient was offered and accepted prescription for vaginal estrogen cream. Patient was/was not interested in additional referral for physical therapy /specialist evaluation. Plan for follow up in two months to re-evaluate symptoms.

ORDERS:

Urinalysis with microscopy (diagnosis: urinary incontinence)

PATIENT INSTRUCTIONS FOR AVS:

Urinary incontinence is common but not normal. Good solutions exist without surgery. In fact, behavior changes improve symptoms for most women. These changes are:

- pelvic floor muscle exercises (also called Kegels)
- avoiding constipation
- maintaining a health weight
- using the toilet on a schedule

To sign up for a small group class about bladder health visit: <https://wihealthyaging.org/mom/>

To watch videos about bladder health visit

In English:

<https://youtu.be/TaYuLgpLVLS> (18 minutes)

<https://www.youtube.com/watch?v=EKRK95HMkE4> (11 minutes)

In Spanish:

<https://www.youtube.com/watch?v=fhx7bDwNcRw> (13 minutes)

<https://youtu.be/DCPPTSmU4sQ> (5 minutes)

If behavior changes do not improve your symptoms, ask your doctor about other treatment options (like physical therapy, medicine, pessary, referral to a specialist). You can learn more at www.voicesforpfd.org

If you are thinking about medicine for incontinence, your pharmacist or insurance company can help you learn which medicines are most affordable for you based on your insurance coverage.

Overactive Bladder Medicines	Vaginal estrogen preparations
Darifenacin Fesoterodine Mirabegron Oxybutynin ER Oxybutynin IR Solifenacin Tolterodine Trospium Vibegron	Conjugated estrogens cream Estradiol cream Estradiol insert Estradiol ring

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Additional Patient Information Resources for Clinicians

Dot phrases for prescribing medicines:

If prescribing anticholinergic:

You have decided to start a medication called an “anti-cholinergic” for your Overactive Bladder (OAB) symptoms. This medication may take up to 6 weeks to reach its full effect, so please be patient, and give the medicine a chance to work. Common side effects include dry mouth, dry eyes, and constipation. For dry mouth, you can use lozenges or gum for relief. Drinking more fluids will not help the dry mouth symptoms, and may make you urinate more frequently. If you experience dry eyes, try saline eye drops. Make sure to drink fluids whenever you are thirsty and consume enough fiber to prevent constipation.

This medication can also cause more serious side effects, like dizziness or confusion; if you experience these side effects please stop taking the medication and call our office to let us know. If you feel that it is difficult to empty your bladder, we will check to make sure you are able to completely empty your bladder at your next visit.

Long-term use of anticholinergic medications, especially at high doses, can increase the risk of memory problems or dementia. Because of this risk, you should discuss this medication with your doctor at your annual physical or wellness visit. Together you can decide whether the benefits outweigh the risks for you. If you experience memory changes, stop taking the medication and let us know.

There are many different medications for OAB, so do not get discouraged if the first one you try isn't the right one for you. We can work together to find the one that is.

If prescribing vaginal estrogen:

Using estrogen in the vagina can help with incontinence, bladder infections (UTIs), and symptoms of vaginal dryness. Using estrogen in the vaginal tissues is not the same as using estrogen to treat hot flashes or improve bone health. While some estrogen is absorbed into the bloodstream, it is much less than the amount absorbed when taking an estrogen pill by mouth or wearing an estrogen patch. If you experience breast tenderness or other signs that you are absorbing high levels of estrogen, stop using the vaginal estrogen and contact our office.

Additional patient education materials

VIDEOS

English	Spanish
https://www.youtube.com/watch?v=EKRK95HMkE4 (11 minutes)	https://youtu.be/DCPPTSmU4sQ (5 minutes)
https://youtu.be/TaYuLgpLVLS (18 minutes)	https://www.youtube.com/watch?v=fhx7bDwNcRw (13 minutes)

HANDOUTS

	Large Print	Regular Print	Spanish
Bladder Exercises	https://www.augs.org/assets/2/6/Bladder_Training_Large_Print.pdf	https://www.augs.org/assets/2/6/Bladder_Training.pdf	https://www.augs.org/assets/2/6/Pelvic_Floor_Muscle_Bladder_Training_Spanish.pdf
Stress Incontinence	https://www.augs.org/assets/2/6/SUI_Large_Print.pdf	https://www.augs.org/assets/2/6/SUI.pdf	https://www.augs.org/assets/2/6/SUI_Spanish.pdf
Overactive Bladder	https://www.augs.org/assets/2/6/OAB_LARGE_PRINT.pdf	https://www.augs.org/assets/2/6/OAB.pdf	https://www.augs.org/assets/2/6/Overactive_Bladder_Spanish.pdf
Vaginal Estrogen Therapy	https://www.augs.org/assets/2/6/Vag_Estrogen_Therapy_LARGE_PRINT.pdf	https://www.augs.org/assets/2/6/Vaginal_Estrogen_Therapy.pdf	https://www.augs.org/assets/2/6/Vag_Estrogen_Therapy_Spanish.pdf

REFER A PATIENT TO THE MIND OVER MATTER: HEALTHY BOWELS, HEALTHY BLADDER CLASS

Healthcare providers can refer patients to MOM using the following link:

<https://forms.wihealthyaging.org/wiha-health-promotion-program-referral-from-a-professional?previewkey=abf6471219>

Referral requires patient's first and last name, preferred phone number, and city.

Patients can register themselves by visiting the following link:

<http://wihealthyaging.org/mom/>

Mind Over Matter: Healthy Bowels, Healthy Bladder (MOM) is a proven program designed to give women the tools they need to take control of bladder and bowel leakage. Women work in a small group to learn strategies for preventing or improving symptoms including information sharing, group activities, simple exercises, and dietary changes.