

# Patient taking an anticholinergic medication for urinary incontinence

- Adverse effects: dry mouth, blurred vision, constipation
- Symptoms have not improved
- Other underlying causes of incontinence (diuretic use, diabetes, urinary tract infection)

- Symptoms have improved and no significant adverse effects

**Continue**

## Engage patients/caregivers

- Discuss potential risks, benefits, and withdrawal plan

## Recommend deprescribing

## Taper slowly over 3-4 weeks

## Monitor weekly for worsening of symptoms

### Use non-drug approaches to manage incontinence:

- Symptom diary
- Reduce fluid intake
- Bladder training
- Timed voiding
- Pelvic floor exercises

### If symptoms relapse:

- Consider reinitiating therapy