

## DRUGS THAT MAY CAUSE OR WORSEN URINARY INCONTINENCE

Type of Drug	Examples	Effects
Alcohol	Beer, wine, liquor	Increases urination by increasing urine production
Alpha agonists	Nasal decongestants containing pseudoephedrine	Tighten the urinary sphincter; can cause urine to be retained in the bladder and uncontrollable leakage of small amounts of urine (overflow incontinence)
Alpha blockers	Doxazosin, prazosin, tamsulosin, terazosin	Relax the urinary sphincter and urethra; can cause incontinence when coughing, straining, sneezing, lifting heavy objects, or putting any other pressure on the abdomen (stress incontinence)
Angiotensin-converting enzyme (ACE) inhibitors	Benazepril, captopril	Can cause cough and worsen stress incontinence
Antidepressants	Amitriptyline, desipramine, nortriptyline	Interfere with bladder contraction and worsen constipation; can cause urine to be retained in the bladder and overflow incontinence
Antihistamines	Chlorpheniramine, diphenhydramine	Interfere with bladder contraction and worsen constipation; can cause urine to be retained in the bladder and overflow incontinence
Antipsychotics	Haloperidol, risperidone, thioridazine, thiothixene	Can slow mobility and cause abrupt urge to urinate followed by uncontrollable loss of urine (urge incontinence)
Caffeine	Coffee, cola, tea, some nonprescription headache remedies	Increases urination by increasing urine production
Calcium channel blockers	Diltiazem, verapamil	Interfere with bladder contraction and worsen constipation; can cause urine to be retained in the bladder and overflow incontinence
Diuretics	Furosemide, thiazides	Increase urination by increasing urine production
Opioids	Morphine	Interfere with bladder contraction and worsen constipation; can cause urine to be retained in the bladder and overflow incontinence
Sedatives	Diazepam, flurazepam, lorazepam	Can slow mobility and worsen urge incontinence