**MEDICATIONS AFFECTING THE GI AND GU SYSTEMS**

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| **Prescription and Over-the-Counter Meds** | **Meds Impacting Incontinence** |
| **ASA** – risk of GI bleed**Antacids** – use indicates GI discomfort; antacids can interfere with absorption of other meds**Laxatives** – use signals problems with constipation; excessive use contributes to dehydration, damage to muscle function of bowel, kidney stones/kidney damage**Anticholinergics** – decreased secretions, slowed motility; sometimes used for overactive bladder**Antiparkinsonism agents** – dry mouth, nausea/upset stomach, vomiting, ABD pain, cramps, constipation**Hormone replacement therapy** – can contribute to IBS, urinary incontinence**Opioids** – constipation; urinary retention & overflow incontinence | **Diuretics** – increases urgency/frequency; can cause inflammation of bladder**Anti-hypertensives** – relaxation of urethral muscles**Antianxiety drugs/sedatives**- can slow motility and worsen urge incontinence; weaken external sphincter**Antipsychotics** – slow motility; contributes to urge incontinence**Antidepressants; Antihistamines, Calcium Channel Blockers, & Opioids** – interfere with bladder contraction; worsen constipation; can cause urinary retention and overflow incontinence**Alpha agonists** – tightens urinary sphincter; and cause urinary retention and uncontrollable leakage d/t overflow**Alpha blockers** – relaxes urinary sphincter and urethra; can contribute to stress incontinence |
| **OTHER SUBSTANCES AFFECTING URINARY INCONTINENCE** |
|  Alcohol Caffeine Decaffeinated coffee/tea Artificial sweeteners |