

# Tolterodine (Detrusitol®)

## What is tolterodine?

Tolterodine is from a group of medications called anticholinergics, which are also known as antispasmodics. It is available on a doctor's prescription only.

## What is it for?

Tolterodine is used to treat symptoms of an overactive bladder (e.g. urinary frequency, urgency or incontinence) by reducing spasm and relaxing the smooth muscle of the bladder wall. The action of tolterodine also increases the storage volume of the bladder and can act on the brain to delay and control the desire to urinate.

## How to take this medication

It is important that this medication is taken only as directed and is not given to other people. The dose is usually given twice a day. Tolterodine can be taken with food or on an empty stomach.

Tablets may be crushed if necessary, before swallowing with water or mixing with something palatable such as honey or yoghurt. Alternatively, the tablets can be dissolved with 10 to 20 mL of water (this may take several minutes or require a larger volume of water).

## What to do if a dose is missed

If it is almost time for the next dose, skip the one missed and give the next dose at the usual time. Do not try to make up for missed dose(s) by giving more than one dose at a time. This can increase the risk of unwanted side effects.

## Storing the medication

Store **below 25°C**.

It is important to keep tolterodine locked away out of reach of children. Do not keep the medicine in the bathroom, near the kitchen sink or in any other damp, warm places because this may make the medication less effective. Keep the tablets in the blister until it is time to give them.

## Use of other medication

Tolterodine can interact with a number of other medications so it is important to advise your doctor or pharmacist before giving any other medication including those that you buy without a prescription from a pharmacy, supermarket or health food shop. These include:



- Medications which also have anticholinergic activity such as tricyclic antidepressants (such as amitriptyline), phenothiazines (such as prochlorperazine), some antihistamines (such as Polaramine<sup>®</sup>, and Phenergan<sup>®</sup>) or some drugs used to treat abdominal cramps (such as Buscopan<sup>®</sup>).
- Warfarin.
- Some antifungal medications, antiviral medications and antibiotics.
- Drugs which induce gastrointestinal motility such as domperidone and metoclopramide.
- Certain medications used to treat irregular heartbeats.

## Important information

Tolterodine helps to control the symptoms of an overactive bladder but does not provide a cure. Do not stop giving tolterodine without first checking with the doctor.

## Possible side effects

Side effects can occur while taking tolterodine. Some of these are not serious and will go away with time or after the dose has been modified. They include:

- heartburn or headache
- constipation, stomach pain or diarrhoea
- dry eyes, mouth, throat and nose
- drowsiness or nausea
- swollen ankles.

For temporary relief from a dry mouth, chew sugarless gum or sweets, suck small bits of ice, give frequent sips of water or use a saliva substitute.

If your child's mouth continues to feel dry for more than 2 weeks, contact your doctor or dentist. Continuing dryness in the mouth can increase the chance of dental disease including dental decay, gum disease and fungal infections.

Decreased sweating can make your child feel hotter. This may cause your child to get red in the face or feel like they have a fever. Be careful in hot weather or when your child is playing or exercising.

This medication may cause dizziness and blurred vision, especially if the child is getting up from bed or chair. Getting up slowly will help the body getting used to the change in position and blood pressure. If the problem persists, talk with your doctor.

Contact your child's doctor as soon as possible if any of the following side effects occur:

- swelling of the face, lips, mouth, tongue or throat (may cause difficulty in swallowing or breathing)
- dizziness or confusion
- seizures (fits)
- fast heartbeat or palpitations

- shortness of breath and swelling of the feet or legs
- blurred vision or hallucinations
- difficulty or pain in urinating.

## Commercially available dosage forms and strengths

- Tablets in 1mg and 2mg

The PCH Pharmacy will advise if they manufacture any additional dosage forms to the above.

If you have any concerns, contact your child's doctor or the PCH Pharmacy Department.

Dispensary: 6456 0190 – select option 2

Paediatric Medicines Information Service: 6456 0190 – select option 1

**In case of overdose or poisoning contact the Poisons Information Centre on 13 11 26.**



Government of **Western Australia**  
Child and Adolescent Health Service



**Child and Adolescent Health Service**  
15 Hospital Avenue, Nedlands, WA, 6009.  
Telephone: (08) 6456 2222  
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