



TOLTERODINE

tol-ter-oh-deen

What does it do?

Tolterodine is used to treat incontinence (peeing when you don't want to). It reduces the urge and how often you need to pee.

How should you take it?

Take *tolterodine* regularly as directed with a glass of water.

What if you forget a dose?

Take the missed dose as soon as possible. If it is close to the time for your next dose, skip the missed dose and carry on as normal. Do not take two doses at the same time.

Can you take other medicines?

Some medicines available without a prescription may react with *tolterodine* including:

- some antihistamines (may be in anti-allergy, anti-nausea and cough/cold medicines)
- meclizine (e.g. Sea-legs®)
- prochlorperazine

Tell your pharmacist or doctor about all medicines or treatments that you may be taking, including vitamins, herbal products (e.g. St John's wort) or recreational drugs.

What side effects might you notice?

Side Effects	Recommended action
Fast or irregular heartbeat, chest pain Trouble peeing	Tell your doctor immediately
Dry mouth, constipation, indigestion, abdominal pain Headache, drowsiness, tiredness or weakness Blurred vision, dry eyes Swollen feet or legs	Tell your doctor if troublesome

If you notice any other effects, discuss them with your doctor or pharmacist.

Other information:

- Tell your doctor if you have heart, liver, kidney, bowel, prostate or eye problems (glaucoma).
- Tell your doctor if you have Parkinson's disease or a chronic muscle condition (e.g. myasthenia gravis).
- Tell your doctor if you are pregnant, planning to become pregnant, or breastfeeding.
- *Tolterodine* can impair your ability to do tasks such as driving or using machines. Alcohol makes this worse. Discuss your risk with your health professional. (search NZTA - Are you safe to drive?)
- In hot weather and when exercising, you may need to increase your fluid intake to avoid over-heating, as *tolterodine* may reduce the amount that you sweat.