

## 11. Frequency and urgency of urination

Dear [Dr \_\_\_\_],

Advice and guidance response pertaining to [Patient name].

You may wish to try the following:

Examination to exclude prolapse, pelvic mass and red flag symptoms (listed below)

Frequency volume chart/bladder diary

Bladder training, with trial of anti-muscarinics/Beta-3 agonists medication if needed

*Vaginal oestrogen offered in patients who are peri/postmenopausal*

[Manage constipation if present](#)

General measures such as limiting fluid intake to 1.5 litres, reducing all caffeine drinks including fizzy drinks and alcohol, smoking cessation, healthy diet and exercise with weight loss if appropriate should be undertaken.

If red flag symptoms are identified, or the measures above are not helpful a referral would be appropriate. Red flag symptoms include:

*Aged 45 years and over with unexplained visible haematuria without UTI, or persistent/recurrent haematuria after successful treatment of UTI*

*Aged 60 years and over with unexplained non-visible haematuria and dysuria or a raised white cell count on a blood test*

In line with the NICE Guidance [Suspected cancer: recognition and referral | Guidance | NICE](#)

Examination should exclude a prolapse and pelvic mass (if present - refer urogynae) and exclude any red flag symptoms.

It is suggested to arrange a bladder ultrasound scan to measure post void residual (<150ml residual is not significant). A frequency volume chart/bladder diary should be completed. Frequent bladder voids of >150mls suggests excess drinking. A BAUS Input Output chart is available here: [https://www.baus.org.uk/\\_userfiles/pages/files/Patients/Leaflets/Input output chart.pdf](https://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Input%20output%20chart.pdf)

General measures such as reducing all caffeine drinks including fizzy drinks and alcohol, smoking cessation, healthy diet and exercise with weight loss if appropriate should be undertaken. Bladder training to teach the bladder to hold more urine is helpful. NICE guidelines recommend bladder re-training as first line treatment in all women with frequency. Leaflets on bladder training are available here:

[baus.org.uk/\\_userfiles/pages/files/Patients/Leaflets/Bladder training.pdf](https://www.baus.org.uk/_userfiles/pages/files/Patients/Leaflets/Bladder%20training.pdf); [Healthy Bladder | POGP](#); [Management of Urinary Frequency, Urgency and Urge Incontinence | POGP](#). They can also be referred to the local continence service for this.

If bladder training fails, a trial of anti-muscarinic medication before referral is indicated. A trial of anti-muscarinic (as per local formulary and NICE) or Mirabegron 50mg. One should be aware of the potential side effects in the elderly with certain anti-muscarinics.

### Relevant guidance:

[Incontinence | Search results | NICE](#)

[Management of Urinary Frequency, Urgency and Urge Incontinence | POGP](#)

**Patient resources:**

[The British Society of Urogynaecology \(BSUG\)](#)  
[Improving Your Bowel Function | POGP](#)

If referring back, please state that the referral has already been through Advice and Guidance and include previous correspondence so we don't duplicate advice.

With kind regards,  
[Responding clinician name and role]