

DULOXETINE FOR THE TREATMENT OF FEMALE STRESS URINARY INCONTINENCE

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ABSTRACT

Objective

To evaluate the efficacy of duloxetine in the treatment of female stress urinary incontinence.

Materials & Methods

OPD based prospective study. Hundred (100) premenopausal patients attending gynecology OPD with predominant complain of stress urinary incontinence (no urge incontinence) were enrolled. Duloxetine 40 mg twice daily was given for 12 weeks. Primary outcome variables were incontinence episode frequency and patient's subjective feeling of improvement. These were done by 3-day bladder diary and patient global impression scale before and after therapy.

Results

Baseline incontinence episode frequency ranged from 4 – 11. After 12 weeks of duloxetine therapy 53% patient had nil to 3 episodes of stress incontinence. Patient global impression scale showed 77% improvement. Out of the 100 patients, 83 could complete the study. Seventeen (17) discontinued mainly due to nausea.

Conclusions

Duloxetine is an effective and safe pharmacological treatment for female stress urinary incontinence.

KEYWORDS: Duloxetine, SNRI, Stress Urinary Incontinence, Incontinence Episode Frequency