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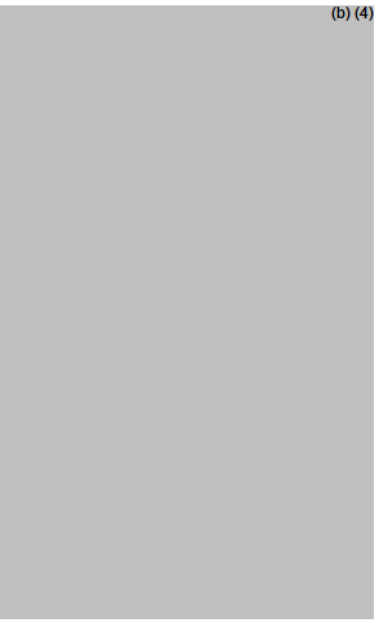


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Important - Please Read

Oxytrol® for Women

Tips to Help Manage Your Overactive Bladder

You Are Not Alone - Overactive Bladder Affects Millions of Women

Many women believe that Overactive Bladder (OAB) is just another part of getting older. While you try not to let it slow you down, OAB can get in the way of your work, relationships, social life, exercise and even your sleep. It doesn't have to be that way. OAB is a treatable medical condition that you can do something about.

If Oxytrol® for Women doesn't help your OAB, talk with your healthcare provider.



Consumer Information Leaflet



Take Control of your OAB

There are several lifestyle changes you can try to help gain control over your Overactive Bladder (OAB) symptoms. Try one or all of these lifestyle changes, either alone or when using Oxytrol® for Women.

1. Be Aware of what you Eat and Drink and Your Bathroom Habits

- **Watch the Foods you Eat and Drink:** Some food or drinks can make your OAB worse. These include coffee, tea, artificial sweeteners, caffeine, alcohol, soda/fizzy drinks, citrus fruits, food made with tomatoes, chocolate and spicy foods.
- **Write It Down:** Keeping track of what you eat and drink and your trips to the bathroom for a few days in a "Bladder Diary" can help you to better understand your OAB by showing you some of the things that could be making your OAB worse.
- **Drink Normal Amounts of Fluids:** Don't limit your water intake because you have OAB. Drink when you are thirsty. If waking up at night to use the bathroom is a problem, try to limit the amount of fluid you drink 2 to 3 hours before bedtime.

2. Tips to help Retrain Your Bladder

- **Try Waiting (just a little):** Try to teach yourself to delay going to the bathroom for a little while, even when you feel an urge. At first, try to hold it for just a few minutes more. Gradually you can increase the time between bathroom visits.
- **Follow a Schedule:** Try to follow a daily bathroom schedule. Instead of going whenever you feel the slightest urge, try to go at set times during the day. For example, you may decide to try to go every 2 hours, whether you feel you have to go or not. In time, you can try extending the time between bathroom visits.
- **Go, and then Go Again:** When you go to the bathroom, don't get up right away when you finish. Wait for a few seconds and then try to make yourself go again.
- **Strengthen your Bladder Muscles:** To locate the right muscles, imagine trying to stop the flow of urine. Quickly squeeze and release these muscles 3-4 times in a row. Repeat this exercise several times a day.

3. Lifestyle Changes You Can Make

- **Maintain a healthy weight:** Excess weight can increase the pressure on your bladder and make your OAB worse.
- **Stop Smoking:** Smoking can make your OAB worse.

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/s/

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01/25/2013

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