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Constipation + Urinary Dysfunction in Parkinson Disease

Bladder Problems in Patients with PD

- Bladder problems tend to occur later in PD (unlike constipation)
- 30-40% of patients have urinary troubles
- 15% troublesome incontinence

Bladder Dysfunction

- What is the problem?
 - The brain signals that the bladder is full and needs to empty when it is not
 - Can happen day or night or both
 - Causes → Urinary frequency
 - Difficulty emptying the bladder
 - Less common
 - Malfunctioning urethral sphincter muscles
 - Causes → difficulty generating urine stream + incomplete emptying of the bladder
 - Dystonia in the urethral sphincter
 - Muscle spasm

How do we treat these?

Overactive bladder

- **Medications:** oxybutynin, tolterodine, solifenacin, darifenacin, mirabegron (Myrbetriq)
 - **Possible side effects:**
 - Confusion / hallucinations
 - Hypertension
 - Headache
 - Tachycardia
 - Constipation
 - Dry mouth
 - Mirabegron is the least likely to cause side effects in patients with PD
- **Other treatments:** Urology referral (Botox)

How do we treat these?

Difficulty Emptying the bladder

- **Medications:** bethanechol
 - **Possible side effects:**
 - Hypotension
 - Nausea
 - Abdominal discomfort / cramping
 - Diarrhea
 - Headache
 - Malaise
 - Flushing / sweating

- **Other treatments:** intermittent self-catheterization, Urology referral

Bowel Problems in Patients with PD

- Constipation, cramping and bloating are a very common, early symptoms of PD
- It is vital to manage bowel dysfunction to ensure your medication works well

Bowel Problems

What is the problem?

- Gastroparesis: impaired ability of the gut to empty properly.
 - Makes you feel full, bloated, sometimes nauseated
 - May decrease how well your medications work
- How do we fix it?
 - Domperidone can help- unavailable in the US
 - Duopa
 - Future options: patches, subcutaneous pumps, sublingual medications

Bowel Problems

What is the problem?

- Constipation: difficulty having bowel movements, decrease in number of bowel movements or both

- Less than 3 stools per week
 - May also include:
 - Cramping
 - Bloating of the belly
 - Straining
 - Inability to empty the bowel fully
 - Not being able to go at all
 - Hard stools
 - Impaction

Bowel Problems

How do we treat it?

- Best treatments:
 - Increase the fiber in your diet
 - Miralax daily or every other day
 - Probiotic / yogurt daily
 - Hydrate, Hydrate, Hydrate
 - Exercise
- Prescription treatment options:
 - Lubiprostone (Amitiza)
 - Increases water in stool
 - SE: headache, nausea, diarrhea, abdominal pain, vomiting
 - Linaclotide (Linzess)
 - Increase bowel movement frequency
 - SE: diarrhea

Future Management of the Gut

- ❑ Lots of discussion regarding the Gut-Brain relationship
- ❑ Studies regarding probiotics + Fecal Microbiota Transplantation

Thank You



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