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## Information for the public

*NICE 'technology appraisal guidance' advises on when and how drugs and other treatments should be used in the NHS.*

### Mirabegron for overactive bladder

This document is about when **mirabegron** should be used to treat people with overactive bladder in the NHS in England and Wales. It explains guidance (advice) from NICE (the National Institute for Health and Care Excellence). It is written for people with overactive bladder but it may also be useful for their families or carers or for anyone with an interest in the condition.

It does not describe overactive bladder or the treatments in detail – your GP should discuss these with you. You can get more information from the organisations listed on page 4.

*This may not be the only possible treatment for overactive bladder. Your healthcare team should talk to you about whether it is suitable for you and about other treatment options available.*

### What has NICE said?

NICE recommends mirabegron as a possible treatment for the symptoms of overactive bladder in some people (see below).

### Who can have mirabegron?

You should be able to have mirabegron if drugs called ‘antimuscarinics’ do not work, if they are not suitable for you, or their side effects are unacceptable.

### Why has NICE said this?

NICE looks at how well treatments work, and also at how well they work in relation to how much they cost the NHS. NICE recommended mirabegron because the benefits it provides justify its cost.

## Overactive bladder

Overactive bladder is when the bladder contracts suddenly without a person having control, sometimes when the bladder is not full. It can cause an urgent need to go to the toilet, the need to go to the toilet frequently, and sometimes leaking urine before getting to a toilet. If drugs are prescribed for overactive bladder, these are usually a type of drug called antimuscarinics.

## Mirabegron

Mirabegron (also known as Betmiga) works by helping the bladder muscle to relax.

### What does this mean for me?

When NICE recommends a treatment, the NHS must make sure it is available to those people it could help, normally within 3 months of the guidance being issued.

So, if you have overactive bladder, and you and your doctor think that mirabegron is the right treatment for you (see 'What has NICE said?' on page 2), you should be able to have the treatment on the NHS. Please see [www.nice.org.uk/aboutguidance](http://www.nice.org.uk/aboutguidance) if you think you are eligible for the treatment but it is not available.

If you are not eligible for treatment as described in 'What has NICE said' on page 2, you should be able to continue taking mirabegron until you and your GP decide it is the right time to stop.

### More information

The organisations below can provide more information and support for people with overactive bladder. NICE is not responsible for the quality or accuracy of any information or advice provided by these organisations.

- Bladder and Bowel Foundation, 01536 533255  
[www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)
- The Cystitis & Overactive Bladder Foundation, 01217 020820  
[www.cobfoundation.org](http://www.cobfoundation.org)

NHS Choices ([www.nhs.uk](http://www.nhs.uk)) may be a good place to find out more. If you live in Wales you should speak to NHS Direct Wales for information on who to contact.

## About NICE

NICE provides national guidance and advice to improve health and social care. The guidance is written by independent experts, including healthcare professionals and people representing patients and carers. They consider the evidence on the condition and treatments, the views of patients and carers and the experiences of doctors, nurses and other healthcare professionals, and consider the costs involved. Staff working in the NHS are expected to follow this guidance.

*To find out more about NICE, its work and how it reaches decisions, see [www.nice.org.uk/aboutguidance](http://www.nice.org.uk/aboutguidance)*

*This document and other versions of the guidance aimed at healthcare professionals are available at [www.nice.org.uk/guidance/TA290](http://www.nice.org.uk/guidance/TA290)*

*The NICE website has a screen reader service called Browsealoud, which allows you to listen to our guidance. Click on [Accessibility](#) at the bottom of the NICE homepage to use this service.*

*We encourage NHS and voluntary organisations to use text from this document in their own information about overactive bladder.*

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