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## Mirabegron for urinary symptoms (Betmiga)

Mirabegron will help ease urinary symptoms such as urge, frequency and incontinence.

Take one tablet each day.

The most common side-effects are a fast heartbeat and a tendency to urine infections.

### About mirabegron

Type of medicine	A beta <sub>3</sub> agonist antispasmodic medicine
Used for	Symptoms of urinary frequency, urgency and incontinence in adults
Also called	Betmiga®
Available as	Modified-release tablets

Mirabegron is given to treat urinary symptoms such as urgency, frequency and [incontinence](#).

**Urinary urgency** occurs when you get a sudden and urgent need to pass urine. If you leak urine before you go to the toilet, this is called incontinence. If you need to take more trips to the toilet than normal, this is called urinary frequency. Mirabegron helps to decrease the feeling of urgency, the number of urine leakages, and the number of trips to the toilet. It is usually prescribed when other treatments (such as **pelvic floor exercises**) have not worked and if other, more commonly used medicines are not suitable.

Mirabegron works by relaxing the muscles around your bladder. This increases the volume of urine that your bladder can hold, and reduces your need to pass urine as frequently or as urgently.

## Before taking mirabegron

Some medicines are not suitable for people with certain conditions, and sometimes a medicine may only be used if extra care is taken. For these reasons, before you start taking mirabegron it is important that your doctor knows:

- If you are pregnant, trying for a baby, or breastfeeding.
- If you have an unusual heart rhythm.
- If you have high blood pressure.
- If you have any problems with the way your liver works or any problems with the way your kidneys work.
- If you have a bladder obstruction.
- If you have ever had an allergic reaction to a medicine.
- If you are taking any other medicines. This includes any medicines you are taking which are available to buy without a prescription, as well as herbal and complementary medicines.

## How to take mirabegron

- Before you start taking the tablets, read the manufacturer's printed information leaflet from inside the pack. It will give you more information about mirabegron and will provide you with a full list of the side-effects which you may experience from taking it.

- Take mirabegron exactly as your doctor tells you to. It is usual to take one 50 mg tablet daily. The tablet will slowly release the medicine into your body. If you have any problems with your liver or kidneys, you will be prescribed a lower strength of tablet (25 mg) to take.
- You can generally take mirabegron at whatever time of day you find easiest to remember, but try to take your doses at the same time of day, each day. This will help you to avoid missing doses.
- Swallow the tablet with a drink of water. Swallow it whole – do not break or crush the tablet, as this will affect the way the medicine is released into your body. You can take mirabegron before or after meals.
- If you forget to take a dose, take it as soon as you remember. If you do not remember until the following day, skip the forgotten dose. Do not take two doses together to make up for a missed dose.

## Getting the most from your treatment

- Try to keep your regular appointments with your doctor. This is so your doctor can check on your progress and review your treatment. Your doctor may want to check your blood pressure regularly as this can be increased in some people taking mirabegron.
- Drinks containing caffeine (for example, tea, coffee, hot chocolate and cola) may make your symptoms worse. This is because caffeine is a natural diuretic and will make you want to pass urine. If you drink a lot of caffeine-containing fluids, consider switching to decaffeinated alternatives.
- Try to maintain a normal life as much as possible with regard to drinking and visiting the toilet. However, drinking late at night may mean your sleep is disturbed by the desire to get up to go to the toilet, so you may want to avoid drinking too much during the evening.

## Can mirabegron cause problems?

Along with their useful effects, most medicines can cause unwanted side-effects although not everyone experiences them. The table below contains some of the most common ones associated with mirabegron. You will find a full list in the manufacturer's information leaflet supplied with your medicine. The unwanted effects often improve as your body adjusts to the new medicine, but speak with your doctor or pharmacist if any of the following continue or become troublesome.

<b>Common mirabegron side-effects (these affect fewer than 1 in 10 people)</b>	<b>What can I do if I experience this?</b>
Feeling sick (nausea)	Stick to simple foods, avoid rich or spicy meals
Dizziness	If affected, do not drive and do not use tools or machines until you feel better
Constipation	Try to eat a balanced diet and drink several glasses of water each day
Diarrhoea	Drink plenty of water to replace lost fluids. If the diarrhoea is severe or continues to be a problem, speak with your pharmacist or doctor for advice
Headache	Drink plenty of water and ask your pharmacist to recommend a suitable painkiller. If the headaches continue, speak with your doctor
Urine infections	Speak with your doctor if you think you have a urine infection as it can be easily treated
A fast heartbeat	This is generally nothing to worry about, but speak with your doctor if you have concerns

If you experience any other symptoms which you think may be due to the medicine, speak with your doctor or pharmacist for advice.

## How to store mirabegron

- Keep all medicines out of the reach and sight of children.
- Store in a cool, dry place, away from direct heat and light.

## Important information about all medicines

Never take more than the prescribed dose. If you suspect that you or someone else might have taken an overdose of this medicine, go to the accident and emergency department of your local hospital. Take the container with you, even if it is empty.

If you buy any medicines, check with your doctor or a pharmacist that they are suitable for you to take with your other medicines.

If you are having an operation or dental treatment, tell the person carrying out the treatment which medicines you are taking.

This medicine is for you. Never give it to other people even if their condition appears to be the same as yours.

Do not keep out-of-date or unwanted medicines. Take them to your local pharmacy which will dispose of them for you.

If you have any questions about this medicine ask your pharmacist.

If you experience side effects, you can report them online through the [Yellow Card website](#).

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## Further reading

- [Manufacturer's PIL, Betmiga® 25 mg and 50 mg prolonged-release tablets](#); Astellas Pharma Ltd, The electronic Medicines Compendium. Dated December 2022.
- [Medicines Complete BNF 88th Edition](#); British Medical Association and Royal Pharmaceutical Society of Great Britain, London.

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