

OXYBUTYNIN

Oxybutynin is an oral medication that can be used in the treatment of hyperhidrosis (sweating that is beyond what is necessary to maintain body temperature). It is in a class of medicines called anticholinergics. One of the effects of these medications is to decrease sweating, leading to slightly dryer skin. This class of medication is also used for many other conditions as well so you may be given information at the pharmacy which does not pertain to your specific problem.

Oxybutynin has been shown to help control sweating with minimal side effects. Usually low doses are required. Possible common side effects are slightly dry mouth, slightly dry eyes, and drowsiness. Less commonly you may notice trouble urinating or blurred vision. In most cases these side effects only occur at higher dosages. The goal in taking oxybutynin is to find a dose that will control the sweating without causing any of the other side effects. This may take some trial and error with dosage regimens initially. In general I suggest patients take 1 tablet per day and to very gradually increase the dose to a point where the sweating is controlled without any of the other problems. The absorption of this medication may be increased by taking it with grapefruit juice or eating grapefruit. It is fine to have grapefruit just have it at a different time from taking the medication. There are certain conditions which are rare in younger people such as glaucoma, digestive tract blockages, or urination problems. If these conditions are present you should not take oxybutynin.

It has been my experience that most patients can find a low dose of oxybutynin which helps with the sweating and does not cause the other side effects. If you have any other questions regarding this medicine, please do not hesitate to ask before you leave the office.