

Drugs for urinary disorders – are any lactose-free?

Prepared by a UK Medicines Information ([UKMi](https://www.sps.nhs.uk/articles/about-ukmi-medicines-qas/)) team for NHS healthcare professionals
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Background

For general information about lactose intolerance and medicines, see Medicines Q&A [What factors need to be considered when prescribing for lactose intolerant adults?](#)

Answer

The tables below give details of available urinary frequency, enuresis, incontinence and urinary retention preparations that do not contain lactose.

Lactose-free urinary frequency, enuresis and incontinence medicines

Table 1. Lactose-free urinary antimuscarinics

| Drug Name | Preparation | Company | Ref |
|--|--|--------------------|-------|
| Darifenacin | Emselex 7.5mg, 15mg prolonged-release tablets | Merus Labs | 1-2 |
| Oxybutynin hydrochloride | Kentera oxybutynin transdermal patch | Orion Pharma | 3 |
| | Oxybutynin hydrochloride 2.5mg/5mL | Brill Pharma | 4 |
| | Oxybutynin hydrochloride Brillpharma 5mg/5mL oral solution | Brill Pharma | 5 |
| | Oxybutynin hydrochloride 2.5mg/5mL, 5mg/5mL oral solution | Liqmeds | 6-7 |
| | Oxybutynin hydrochloride 2.5mg/5mL, 5mg/5mL oral solution | Thame Laboratories | 8-9 |
| Propiverine hydrochloride | Propiverine 15mg film-coated tablets | Ennogen Healthcare | 10 |
| | Zidrok 15mg film-coated tablets | Ennogen Healthcare | 10 |
| Solifenacin succinate | Solifenacin succinate 1mg/mL oral solution | Brill Pharma | 11 |
| | Solifenacin succinate 1mg/mL oral solution | LM Manufacturing | 12 |
| | Vesicare 1mg/mL oral suspension | Astellas Pharma | 13 |
| Tolterodine tartrate | Caristenol 2mg, 4mg prolonged-release capsules | Accord Healthcare | 14-15 |
| | Detrusitol 1mg, 2mg film-coated tablets | Pfizer | 16-17 |
| | Detrusitol XL 4mg prolonged-release hard capsules | Pfizer | 18 |
| | Santizor XL 4mg prolonged-release hard capsules | Pfizer | 19 |
| | Tolterma XL 2mg, 4mg prolonged-release hard capsules | Macleods Pharma | 20-21 |
| | Tolterodine tartrate 1mg, 2mg film-coated tablets | Accord Healthcare | 22-23 |
| | Tolterodine tartrate 1mg, 2mg film-coated tablets | Accord-UK | 24-25 |
| | Tolterodine tartrate 1mg, 2mg film-coated tablets | Hexal | 26-27 |
| | Tolterodine tartrate 1mg, 2mg film-coated tablets | Pfizer | 28-29 |
| | Tolterodine tartrate 1mg, 2mg film-coated tablets | Sandoz | 30-31 |
| | Tolterodine tartrate 1mg, 2mg film-coated tablets | Teva UK | 32-33 |
| Tolterodine tartrate 2mg film-coated tablets | Actavis Group | 34 | |
| Trospium chloride | Kenporurin XL 60mg prolonged-release hard capsules | MPT Pharma | 35 |
| | Regurin XL 60mg prolonged-release hard capsules | Mylan | 36 |

| Drug Name | Preparation | Company | Ref |
|-------------------|---|----------------------|-----|
| Trospium chloride | Regurin XL 60mg prolonged-release hard capsules | Meda Pharmaceuticals | 37 |
| | Sigporurin XL 60mg prolonged-release hard capsules | O.P.D. Laboratories | 38 |
| | Trosemt XL 60mg prolonged-release hard capsules | MPT Pharma | 39 |
| | Trosepharma XL 60mg prolonged-release hard capsules | O.P.D. Laboratories | 40 |

Table 2. Lactose-free beta₃-adrenoceptor agonists

| Drug Name | Preparation | Company | Ref |
|------------|--|-----------------|-------|
| Mirabegron | Betmiga 25mg, 50mg prolonged-release tablets | Astellas Pharma | 41-42 |

Table 3. Lactose-free serotonin and noradrenaline re-uptake inhibitors

| Drug Name | Preparation | Company | Ref |
|------------|---|-----------------------------|-------|
| Duloxetine | Duloxetine 20mg, 40mg gastro-resistant hard capsules | Aspire Pharma | 43-44 |
| | Duloxetine 20mg, 40mg gastro-resistant hard capsules | Accord-UK | 45-46 |
| | Duloxetine 20mg, 40mg gastro-resistant hard capsules | Consilient Health | 47-48 |
| | Duloxetine 20mg, 40mg gastro-resistant hard capsules | Teva UK | 49-50 |
| | Duloxetine 20mg, 40mg gastro-resistant hard capsules | Wockhardt UK | 51-52 |
| | Duloxetine Milpharm 20mg, 40mg gastro-resistant hard capsules | Aurobinda Pharma – Milpharm | 53-54 |
| | Duloxetine Zentiva 20mg, 40mg gastro-resistant hard capsules | Zentiva | 55-56 |
| | Dutor 40mg gastro-resistant hard capsules | Torrent | 57 |
| | Yentreve 20mg, 40mg gastro-resistant hard capsules | Eli Lilly | 58-59 |

Table 4. Lactose-free tricyclic antidepressants

| Drug Name | Preparation | Company | Ref |
|--------------------------|---|----------|-----|
| Imipramine hydrochloride | Imipramine Hydrochloride 25mg/5mL oral solution | Rosemont | 60 |

Table 5. Lactose-free pituitary and hypothalamic hormones and analogues

| Drug Name | Preparation | Company | Ref |
|--------------|--|-------------------|-------|
| Desmopressin | Adiuretin 0.1mg/mL nasal spray | Ferring | 61 |
| | DDAVP Melt 60microgram, 120microgram, 240microgram oral lyophilisate | Ferring | 62-64 |
| | DDAVP/Desmopressin intranasal solution | Ferring | 65 |
| | DesmoMelt 120microgram, 240microgram oral lyophilisate | Ferring | 66-67 |
| | Desmopressin 0.1mg/mL nasal spray | Ferring | 68 |
| | Desmopressin 10microgram/dose nasal spray | Accord Healthcare | 69 |
| | Desmopressin 360micrograms/mL oral solution | GP-Pharm | 70 |
| | Noqdirna 25microgram, 50microgram oral lyophilisate | Ferring | 71-72 |

Lactose-free urinary retention medicines

Table 6. Lactose-free alpha-adrenoceptor blockers

| Drug Name | Preparation | Company | Ref |
|--------------------------|---|---------------------------|-------|
| Alfuzosin hydrochloride | Besavar XL 10mg sustained-release tablets | Zentiva | 73 |
| | Bundisarin XL 10mg prolonged-release tablets | Aristo Pharma GmbH | 74 |
| | Xatral XL 10mg prolonged-release tablets | Sanofi | 75 |
| | Zochek 10mg prolonged-release tablets | Aurobindo Pharma Milpharm | 76 |
| Doxazosin | Cardura XL 4mg, 8mg prolonged-release tablets | Pfizer | 77-78 |
| | Colixil XL 4mg prolonged-release tablets | Sandoz | 79 |
| | Doxadura XL 4mg prolonged-release tablets | Genus | 80 |
| | Doxzogen XL 4mg prolonged-release tablets | Mylan | 81 |
| | Larbex XL 4mg prolonged-release tablets | Teva UK | 82 |
| | Oxandosin XL 4mg prolonged-release tablets | Ratiopharm GmbH | 83 |
| | Progandol XL 8mg tablets | B&S Healthcare | 84 |
| | Raporsin XL 4mg prolonged-release tablets | Accord-UK | 85 |
| | Raporsin XL 4mg prolonged-release tablets | Actavis Group | 86 |
| | Slocinx XL 4mg prolonged-release tablets | Zentiva | 87 |
| Prazosin | Hypovase 500microgram, 1mg tablets | Pfizer | 88-89 |
| Tamsulosin hydrochloride | Contiflo XL 400microgram prolonged-release capsules | Ranbaxy | 90 |
| | Cositam XL 400microgram prolonged-release tablets | Consilient Health | 91 |
| | Diffundox XL 400microgram modified-release hard capsules | Zentiva | 92 |
| | Flectone XL 400microgram prolonged-release tablets | Teva UK | 93 |
| | Flomax MR 400microgram modified-release capsules | Astellas Pharma | 94 |
| | Flomax Relief MR modified-release hard capsules | Aventis Pharma | 95 |
| | Flomax Relief MR modified-release hard capsules | Sanofi | 96 |
| | Flomaxtra XL 400microgram film-coated prolonged-release tablets | Astellas Pharma | 97 |
| | Losinate MR 400microgram modified-release hard capsules | Consilient Health | 98 |
| | Losinate MR 400microgram modified-release hard capsules | Synthon BV | 99 |
| | Morvesin 400microgram SR modified-release hard capsules | Sandoz Limited | 100 |
| | Omsula 400microgram prolonged-release hard capsules | Gedeon Richter | 101 |
| | Pamsvax XL 400microgram prolonged-release hard capsules | Accord-UK | 102 |
| | Prosurin XL 400microgram modified-release hard capsules | Mylan | 103 |
| | Stronazon 400microgram MR modified-release hard capsules | Actavis UK | 104 |
| | Tabphyn MR 400microgram modified-release hard capsules | Genus | 105 |
| | Tamfrex XL 400microgram prolonged-release hard capsules | Aurobindo Pharma Milpharm | 106 |
| | Tamsulosin Zentiva 400microgram prolonged-release hard capsules | Zentiva | 107 |
| | Tamsumac 400microgram prolonged-release hard capsules | Macleods Pharma | 108 |
| | Tamurex 400microgram prolonged-release hard capsules | Somex Pharma | 109 |

Table 7. Lactose-free alpha-adrenoceptor blockers combination drugs

| Drug Name | Preparation | Company | Ref |
|-----------------------------|---|--------------------|-----|
| Tamsulosin with dutasteride | Combodart 500microgram/400microgram hard capsules | GlaxoSmithKline | 110 |
| | Dutasteride/Tamsulosin hydrochloride 500microgram/400microgram hard capsules | Dr Reddy's | 111 |
| | Dutasteride/Tamsulosin hydrochloride 500microgram/400microgram hard capsules | Yes Pharmaceutical | 112 |
| | Dutasteride/Tamsulosin hydrochloride Glenmark 500microgram/400microgram hard capsules | Glenmark | 113 |
| | Dutrozen 500microgram/400microgram hard capsules | Zentiva | 114 |
| Tamsulosin with solifenacin | Vesomni 6mg/400microgram modified-release tablets | Astellas Pharma | 115 |

Table 8. Lactose-free choline esters

| Drug Name | Preparation | Company | Ref |
|----------------------|------------------------------|---------------|---------|
| Bethanechol chloride | Myotonine 10mg, 25mg tablets | Glenwood GmbH | 116-117 |

Table 9. Lactose-free 5 α reductase inhibitors

| Drug Name | Preparation | Company | Ref |
|-------------|--|---------------------------|-----|
| Dutasteride | Avodart 500microgram soft capsules | GlaxoSmithKline | 118 |
| | Dutasteride 500microgram soft capsules | Accord Healthcare | 119 |
| | Dutasteride 500microgram soft capsules | Actavis | 120 |
| | Dutasteride 500microgram soft capsules | Aurobindo Pharma Milpharm | 121 |
| | Dutasteride 500microgram soft capsules | Chemo Ibérica, S.A | 122 |
| | Dutasteride 500microgram soft capsules | Cipla EU Ltd | 123 |
| | Dutasteride 500microgram soft capsules | Crescent Pharma | 124 |
| | Dutasteride 500microgram soft capsules | Dr Reddy's | 125 |
| | Dutasteride 500microgram soft capsules | Ennogen Healthcare | 126 |
| | Dutasteride 500microgram soft capsules | Rivopharm UK | 127 |
| | Dutasteride 500microgram soft capsules | Strides Arcolab | 128 |
| | Dutasteride 500microgram soft capsules | Strides Pharma | 129 |
| | Dutasteride 500microgram soft capsules | Teva UK | 130 |
| | Dutasteride 500microgram soft capsules | Zentiva | 131 |
| | Zeproton 500microgram soft capsules | Ennogen Healthcare | 132 |
| Finasteride | Finiol 5mg film-coated tablets | Pharmathen S.A. | 133 |

Summary

There is a lactose-free preparation available for all drug classes of urinary frequency, enuresis, incontinence and urinary retention medicine except anticholinesterases.

Limitations

Lactose-free complementary medicines, 'specials', and some other generic products may also be available. Individual Summaries of Product Characteristics (SmPCs) should be checked before prescribing as formulations may change. It has been assumed that all information concerning lactose in manufacturers' SmPCs is complete and correct.

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93. Teva UK Limited. Summary of Product Characteristics – Flectone XL 400 microgram prolonged-release tablets. Last revised 14/03/14 [cited 14/08/19]. Available from: <https://products.mhra.gov.uk>
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105. Genus Pharmaceuticals Ltd. Summary of Product Characteristics – Tabphyn MR 400 microgram. Last revised 28/01/15 [cited 06/08/19]. Available from: www.medicines.org.uk
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Quality Assurance

Prepared by

Helen Edmondson

North West Medicines Information Centre, 70 Pembroke Place, Liverpool, L69 3GF.

Date Prepared

August 2019

Checked by

Gary Hodgson, Joanne McEntee.

North West Medicines Information Centre, 70 Pembroke Place, Liverpool, L69 3GF.

Date of check

January – February 2020

Contact

Helen.edmondson@liverpoolFT.nhs.uk

Search strategy

1. Joint Formulary Committee. British National Formulary. 76 ed. London: BMJ Group and Pharmaceutical Press; September 2018 to March 2019.

From a list of urinary incontinence and retention preparations in section 7 (pages 758 to 769), the following preparations were identified:

Antimuscarinics (urinary): Darifenacin, fesoterodine fumarate, flavoxate hydrochloride, oxybutynin hydrochloride, solifenacin succinate, trospium chloride, propiverine hydrochloride, tolterodine tartrate

Beta3-adrenoceptor agonists: Mirabegron

Alpha-adrenoceptor blockers: Alfuzosin hydrochloride, doxazosin, indoramin, prazosin, tamsulosin hydrochloride, tamsulosin with dutasteride, tamsulosin with solifenacin, terazosin

Choline esters: Bethanechol chloride

5 α reductase inhibitors: Dutasteride, finasteride

2. Baxter K (ed). Joint Formulary Committee. British National Formulary [internet]. London: BMJ Group and Pharmaceutical Press. Last revised 08/10/2019 [cited August to October 2019]. Available from: www.medicinescomplete.com

Further retention preparations were identified:

Serotonin and noradrenaline re-uptake inhibitors: Duloxetine

Tricyclic antidepressants: Imipramine hydrochloride

Pituitary and hypothalamic hormones and analogues: Desmopressin

Anticholinesterases: Neostigmine, pyridostigmine bromide

3. An eMC advanced search by SPC section was performed at www.medicines.org.uk on the full list of urinary incontinence and retention preparations identified from section 7 of the BNF and the BNF online.

Example of an advanced search by SPC section:

- Qualitative and quantitative (section 2) + contains + tolterodine (ADD)
- List of excipients (section 6.1) + does not contain + lactose (ADD) (SEARCH)

An eMC advanced search by SPC section was performed at www.medicines.org.uk to identify urinary incontinence preparations containing lactose.

Example of an advanced search by SPC section:

- Qualitative and quantitative (section 2) + contains + tolterodine (ADD)
- List of excipients (section 6.1) + contains + lactose (ADD) (SEARCH)

4. The MHRA website (www.mhra.gov.uk/spc-pil/) was used to identify any outstanding classes of urinary incontinence and retention preparations for which a lactose-free preparation had not been previously identified via advanced eMC searches.