

# Urinary Incontinence as a Side Effect of Risperidone: A Case Report

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## Aims and Hypothesis

The aim of this case report is to shed light on an understudied side effect of the drug risperidone, which is urinary incontinence. The hypothesis is that urinary incontinence would be alleviated upon risperidone dose reduction.

## Background

Risperidone, a second-generation antipsychotic, is indicated for psychiatric conditions such as schizophrenia, bipolar disorder, and delusional disorders. It is known to cause hyperprolactinemia, which leads to some of its more known side-effects including sexual dysfunction, gynecomastia, galactorrhea, and amenorrhea. Metabolic disturbances including dyslipidemia, hyperglycemia, and weight gain are also commonly observed. However, urinary incontinence is one of its underreported side-effects.

## Case Report

A 59-year-old man was brought to the emergency department by his wife due to a 2-week history of elated mood, overspending, persecutory delusions, and restlessness. His delusions included beliefs that his family members are possessed by evil spirits, and that government entities are tracking him. He began threatening to burn his house and switching on the gas and stove in his kitchen, and he attempted to hurt his wife and daughter with lit cigarettes. Further collateral history revealed that he was diagnosed with schizophrenia in 1998, and that he has been receiving 100 milligram of zuclopenthixol intramuscularly every two weeks since. However, he missed his medication for the past month due to immigration. Additional assessment of the patient revealed inflated self-esteem and grandiose delusions. A diagnosis of schizoaffective disorder was made, and he was started on 2 milligrams of risperidone per os at bedtime, which was gradually increased to 6 milligrams. A week after dose adjustment, he began to experience urinary incontinence, which he characterized as distressing as it would occur at least 6 times at night, interrupting his sleep, and it would nullify his ablution, preventing him from performing his prayers as a practicing Muslim. The dose of risperidone was reduced to 2 milligrams, and the urinary incontinence ceased after 4 days.

## Discussion

Urinary incontinence is a debilitating condition, which is why identifying its cause and treating it is imperative. Recognizing that it could be a side-effect of certain medications such as risperidone would prevent misdiagnosis, ensuring that the patient is managed properly and improving his outcome and compliance, which is what was done for the patient in this case.

## Conclusion

Risperidone could cause urinary incontinence as a side-effect, and reducing the dose of the drug would improve the patient's condition. Awareness regarding this should be raised to optimize patient outcomes.