

How to Care for Your Child with a urine retention

This leaflet will provide you with information about urine retention causes, symptoms, diagnosis, treatment and home care advice.



What is a urine retention?

- o Urine retention is a condition when your child is unable to voluntarily empty his/her bladder completely.
- o This may occur suddenly (acute urinary retention) or it may develop over a long time (chronic urinary retention).

What are the causes of urine retention?

- o Infection like cystitis
- o Problems with urethra or bladder neck, such as narrowing or blockage
- o Weak bladder and pelvic floor muscles due to problems within the muscles or the nerves
- o Side effects of some medications, including an anesthesia, antihistamine.
- o Surgery to the urinary system this may lead to temporary urine retention
- o Constipation when the bowel is full of poo and presses on the bladder and urethra
- o Potty training

What are the symptoms of urine retention?

- o **Acute urinary retention: Your child may experience the following:**
 - Extremely painful abdominal(belly) pain
 - swelling and bloating over lower abdomen(belly)
 - weak stream and dribbling of urine
 - unable to initiate urination
- o **Chronic urinary retention: Your child may experience the following:**
 - urinary incontinence and recurrent urinary tract infections
 - increased urge to pee and increase frequency
 - producing a weak or interrupted stream of urine when peeing.
 - mild abdominal(belly) discomfort

How is urine retention diagnosed?

The doctor will ask few questions about your child's health and examine your child. Your doctor will decide if further investigation or blood tests are required.

How is urine retention treated?

- o The main objective in treatment is to find and treat the underlying cause.
- o In the acute phase Urine retention, a catheter (small tube inserted into the urethra) will help relieving the pressure on the bladder
- o Sometimes, your child's doctor may advise on the use of medication to reduce spasms on urinary bladder (bladder muscle contraction)

Home care advice

- You can help your child to pass urine by listening to running water
- You can try bladder percussion and message. It can cause contraction in the bladder and will help pass urine
- put vibrating device on lower abdomen will stimulate bladder to pass urine (Vibration therapy)

When should I seek medical advice?

Go to the emergency department if your child:

- o Is unable to pass urine
- o Has severe pain or discomfort in the lower abdomen.