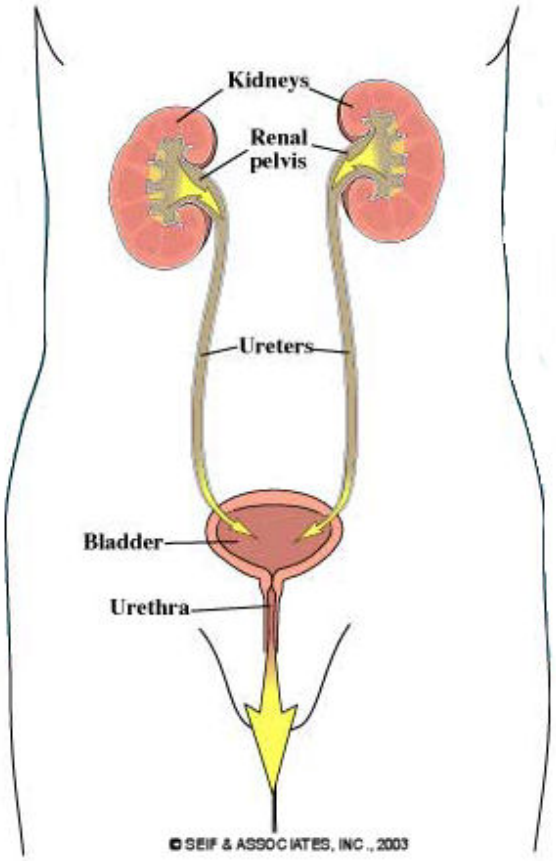
Acute Urinary Retention, Female

You have been seen by a caregiver today because of your inability to *urinate* (pass your water). This is an uncommon problem in females.

CAUSES

It can be caused by:

- Infection.
- A side effect of a medication.
- A problem in a nearby organ that presses or squeezes on the bladder or the *urethra* (the tube that drains the bladder).
- Psychological problems.



TREATMENT

Treatment may involve a one-time placement of a tube in the bladder to empty it. It may be a problem that does not recur for years. You and your caregiver can decide how to handle this problem in follow-up. You may need to be referred to a specialist for additional examination and tests.

HOME CARE INSTRUCTIONS

If you are to leave the *foley catheter* (a long, narrow, hollow tube) in and go home with a drainage system, you will need to discuss the best course of action with your caregiver. While the catheter is in, maintain a good intake of fluids. Keep the drainage bag emptied and lower than your catheter. This is so *contaminated* (infected) urine will not flow back into your bladder. This could lead to a urinary tract infection.

Only take over-the-counter or prescription medicines for pain, discomfort, or fever as directed by your caregiver.

SEEK IMMEDIATE MEDICAL CARE IF:

You develop chills, fever, or show signs of generalized illness that occurs prior to seeing your personal caregiver.

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