Urinary Incontinence

Your doctor wants you to have this information about urinary incontinence. This is the inability to keep urine in your body until you decide to release it.

CAUSES

Prostate gland enlargement is a common cause of urinary incontinence.
But there are many different causes for losing urinary control. They include:

- Medicines.
- Infections.
- Prostate problems.
- Surgery.
- Neurological diseases.
- Emotional factors.

DIAGNOSIS

Evaluating the cause of incontinence is important in choosing the best treatment. This may require:

- An ultrasound exam.
- Kidney and bladder x-rays.
- Cystoscopy. This is an exam of the bladder using a narrow scope.

TREATMENT

For incontinent patients, normal daily hygiene and using changing pads or adult diapers regularly will prevent offensive odors and skin damage from the moisture. **Changing your medicines may help control incontinence. Your caregiver may prescribe some medicines to help you regain control**. Avoid caffeine. It can over-stimulate the bladder. Use the bathroom regularly. Try about every 2-3 hours even if you do not feel the need. Take time to empty your bladder completely. After urinating, wait a minute. Then try to urinate again.

External devices used to catch urine or an indwelling urine catheter (Foley catheter) may be needed as well. Some prostate gland problems require surgery to correct. Call your caregiver for more information.

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