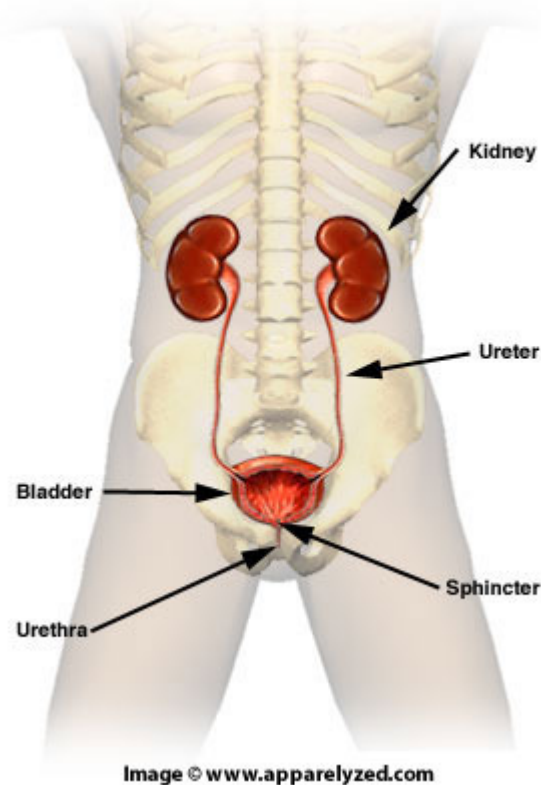



Bladder Management



refer to chapter 6 in your SCI reference manual



***Today you will
learn how the
bladder is affected
after SCI***

Urinary System

- **Kidneys**

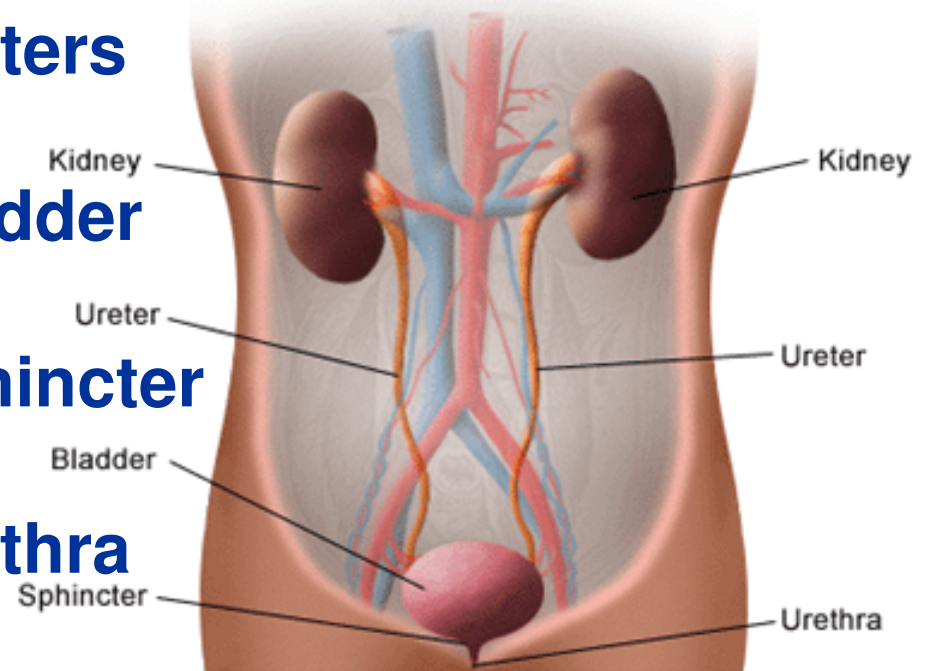
- **Ureters**

- **Bladder**

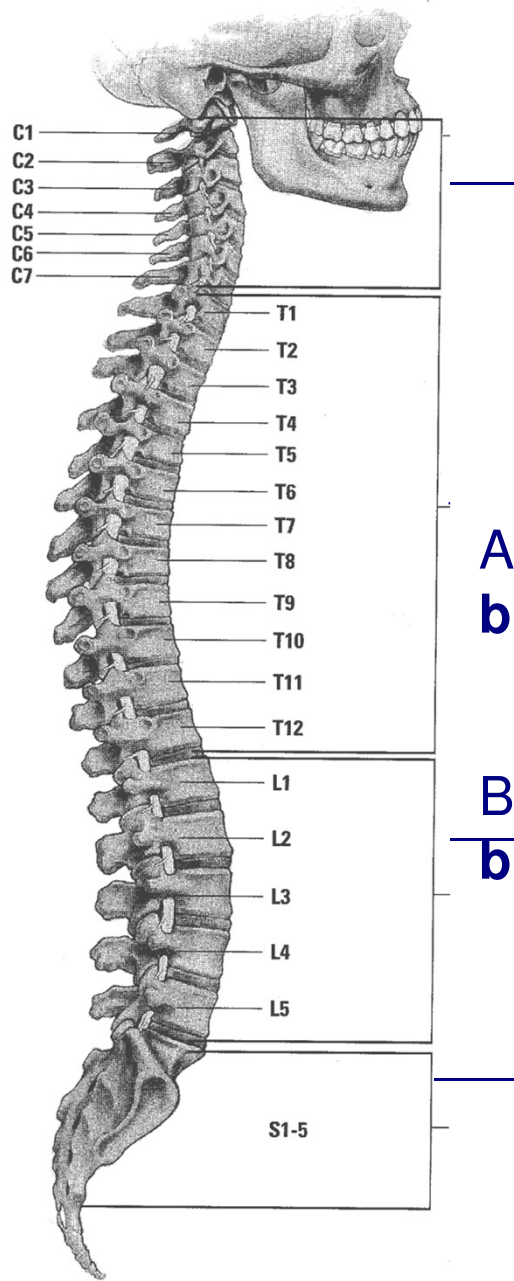
- **Sphincter**

- **Urethra**

Front View of Urinary Tract



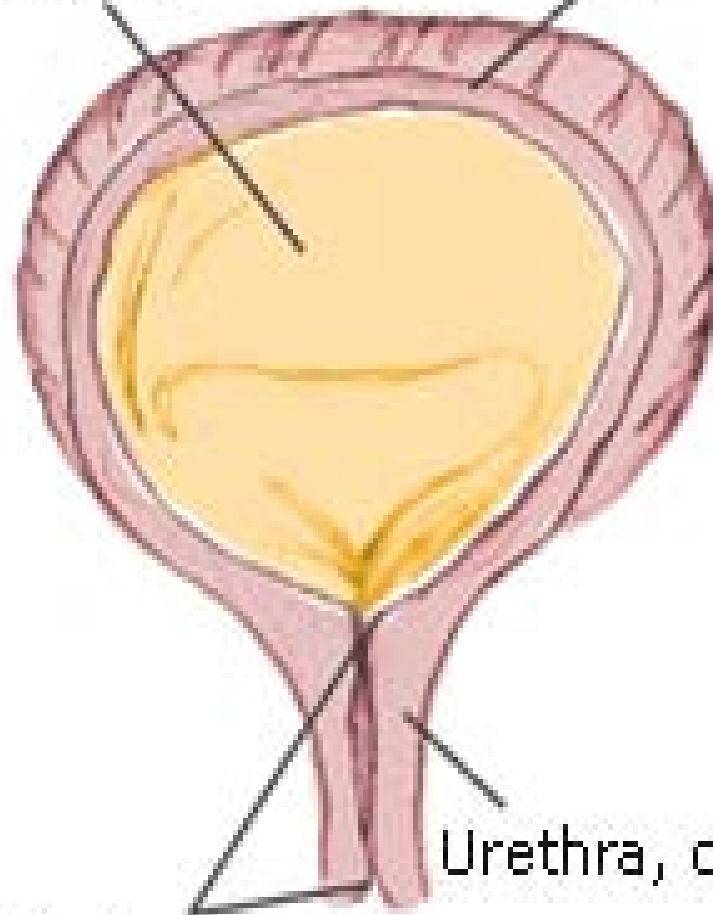
What is your level of injury?



Above T12 is a **spastic bladder**

Below L1 is a **flaccid bladder**

Urine Bladder



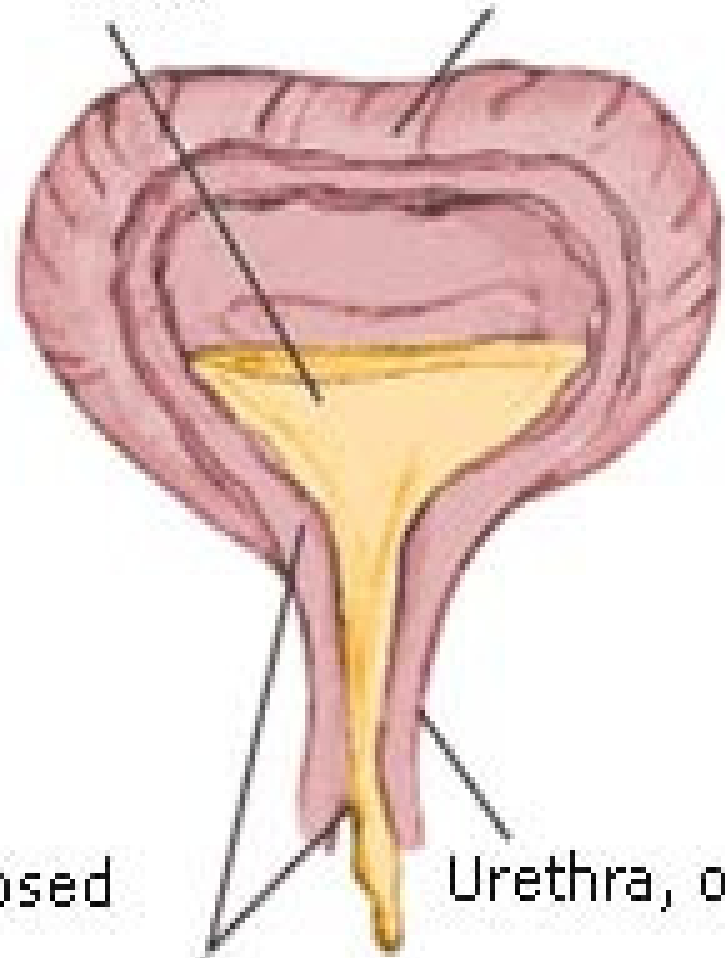
Urethra, closed

Sphincter muscles
squeezed shut

Spastic

T12 & above

Urine Bladder



Urethra, open

Sphincter muscles
relaxed

Flaccid

L1 & below



Bladder Management Options

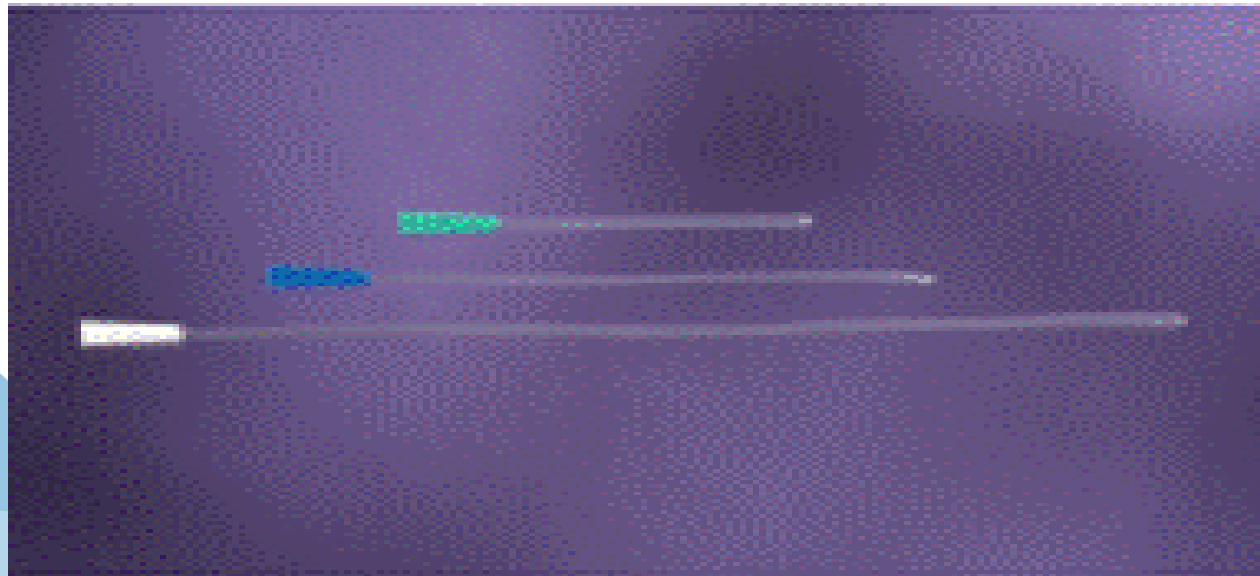
- **The type of bladder you have (spastic or flaccid) will determine how your bladder is managed**

Foley catheter





Intermittent Catheterization Program (ICP)



Condom Catheter



Condom catheter






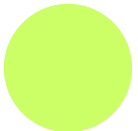
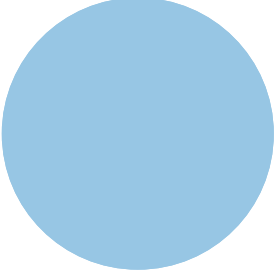
Complications

- 
- **UTI/bladder stones**
 - **Autonomic Dysreflexia (AD)**



Urinary Tract Infections (UTI) with SCI

- **Everyone who uses catheters will have bacteria in their urine.**
- **Generally this bacteria will not cause a problem unless you have symptoms.**
- **If you have symptoms your doctor MAY prescribe antibiotics based on your urine test results.**



Signs of increased bacteria in your urine: things you may notice

- **Always look at your urine and check for the following:**
 - **Sediment (gritty particles) or mucous in the urine**
 - **Cloudy urine**
 - **Strong smelling urine (foul odor)**
 - **Blood in urine (pink or red urine)**



Symptoms of a UTI: things you may feel

- **Fever**
- **Chills**
- **Wetness
(between ICPs)**
- **Increased
spasms of legs,
abdomen or
bladder**
- **Feeling lousy or
tired**
- **Nausea**
- **Headache**
- **Mild low back
pain or other
aches**
- **Burning
sensation**
- **Increased
frequency**
- **Urgency**



Bladder Stones

- **Not uncommon after SCI**
- **They are mineral deposits that form stones in the bladder**
- **Can cause an increase in spasticity**
- **Can cause increase in leaking**



Prevention of UTI's: what can YOU do?

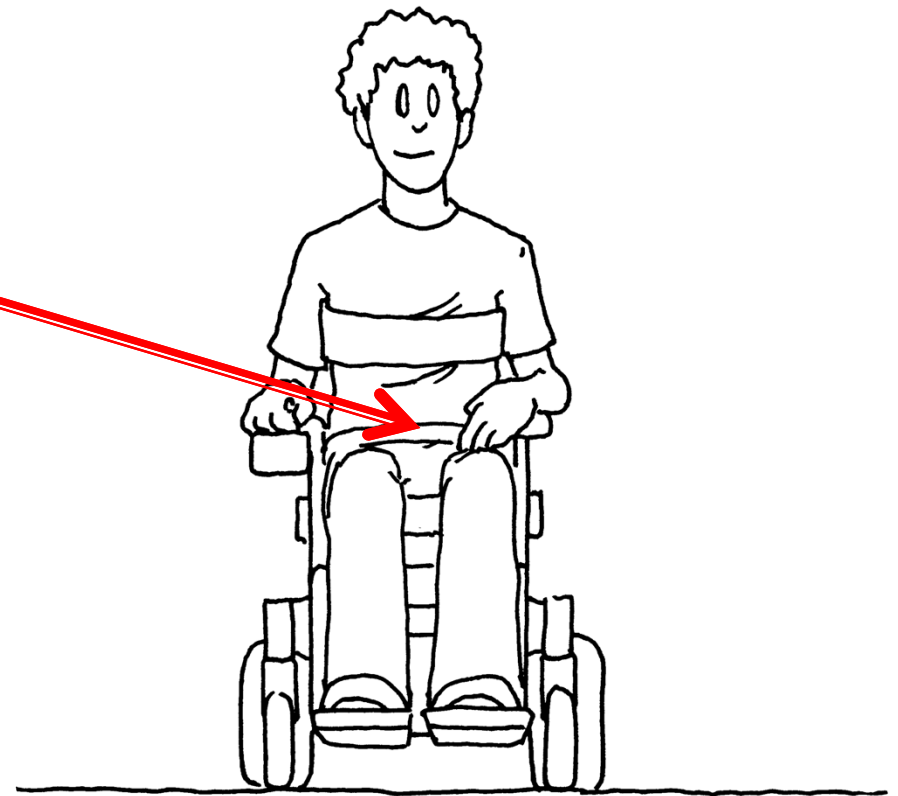
- **DRINK, DRINK,
DRINK**
- **drink 3 Liters/day if
you have an indwelling
catheter**
- **drink 2 Liters/day if
using ICP**



Do you need
ANTIBIOTICS?

Triggers of Autonomic Dysreflexia

Bladder or Bowel Stimulation





Discussion/Questions



By discharge you will:

- Understand the best method to manage your bladder
- Understand the importance of drinking adequate amounts of healthy liquids throughout the day
- Understand that your doctor will only treat UTI's if you have symptoms and positive results from your urine test
- Know that it is very important to see a urologist on a yearly basis

Living well

- Ask many questions throughout your inpatient stay to increase your confidence in managing your care
 - Talk to your healthcare team members
 - Talk to your peers
 - Know who your resources are
 - Learn to problem solve

