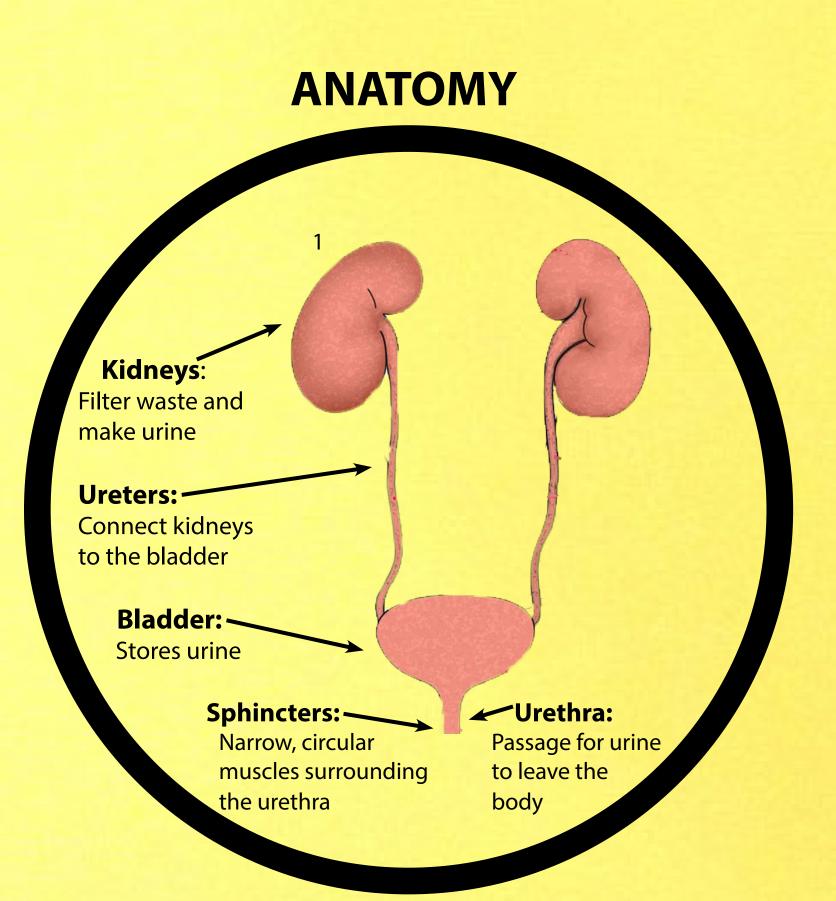


BLADDER MANAGEMENT AFTER A SPINAL CORD INJURY



G.F. Strong Rehab Centre

Know your bladder type: is it SPASTIC or FLACCID?



SPASTIC BLADDER

Upper Motor Neuron Injury

- Injuries above T12
- Voiding reflex is intact between bladder and spinal cord
- Increased bladder muscle and sphincter tone
- Messages are blocked to the brain resulting in frequent involuntary bladder emptying
- Sphincter muscle may not open when bladder squeezes to empty
- May have incomplete bladder emptying

Spastic Bladder T12 Flaccid Bladder

FLACCID BLADDER

Lower Motor Neuron Injury

- Injuries below T12
- Voiding reflex is not intact between the bladder and spinal cord
- Decreased/loss of bladder muscle and sphincter tone
- Bladder will continue to fill (may leak urine when it gets too full)
- Unable to empty bladder voluntarily

TIPS

- Keep your skin dry
- Empty your leg bag when it's 3/4 full
- Keep your bladder volume less than
 500 mL
- Follow-up with your urologist yearly
- Limit your use of antibiotics
- Ensure all urine cultures are taken directly from the bladder
- Know your supply resources
- Talk to your peers
- Learn to problem solve!



BLADDER EMPTYING METHODS

Intermittent Catheterization

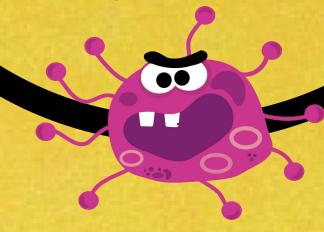
- » Catheter inserted into the bladder every 4-6 hours
- Indwelling Catheter
 - » Stays in place with an inflated balloon
 - » Continuous drainage into a collection device



- » Worn over the penis
- Attached to a collection
- **AVOIDING INFECTIONS**

Maintain adequate fluid intake

- Empty your bladder regularly
- Learn correct catheter technique
- Possible signs and symptoms:
 - » Fever, chills, fatigue
 - » Sediment or mucous
 - » Cloudy urine
 - » Strong smelling urine
 - » Bloody urine
 - » Increased spasms
 - » Leaking of urine



FLUID INTAKE GUIDELINES

DRINK, DRINK, DRINK!HEALTHY FLUIDS



- Limit caffeine and alcohol
- Intermittent catheterization
 » drink 2L throughout the day
- Indwelling catheter
- » drink 3L throughout the day

AUTONOMIC DYSREFLEXIA (AD)

- May develop in injuries at T6 and above
- MEDICAL EMERGENCY Sudden rise in blood pressure in response to a problem below the level of injury i.e. full bladder

What to do:

- Raise head of bed or sit upright
- Look for and remove cause
- Monitor blood pressure
- Loosen tight clothing
- Seek medical help if unable to find the cause
- Carry an AD wallet card
- Educate family, friends and care givers



Injuries at T12 may be spastic or flaccid