

Urination Problems

What are urination problems?

Urine carries waste from the kidneys. It is stored in the bladder until passed from the body through a tube called the urethra when you urinate. Common problems passing urine include frequent, urgent, painful, difficult, or uncontrolled urination.

Frequent Urination

Feeling the need to urinate often may happen during the day, at night, or both. It may be caused by:

- Drinking more fluids than usual
- Using of lot of caffeine, alcohol, or other substances that can irritate the bladder
- Being anxious, nervous, or excited
- Side effects of medicines
- Pregnancy
- Diabetes
- Infection or inflammation in the prostate gland, vagina, bladder, or urethra
- A bladder tumor or stone
- Some neurologic problems, such as Parkinson's disease, stroke, or multiple sclerosis (MS).

Urgent Urination

Urgency is a sudden strong need to empty your bladder right away. Your body may give you only seconds to a minute to reach the toilet. Urgency may cause loss of the ability to control urine, especially in older adults.

Painful Urination

You may feel burning or scalding and pain in the lower abdomen when you urinate. You may urinate less or less often to avoid the pain.

Difficult Urination

Difficult urination means that you have problems passing urine, even though you have the urge to go. Symptoms include:

- When you urinate the urine passes more slowly so it takes longer than usual to empty the bladder.
- The flow of urine stops and starts while you are urinating.
- You are unable to urinate.

When you cannot empty your bladder at all, even though you have an urge to urinate, it is called urinary retention. When this happens, call your healthcare provider right away.

Uncontrolled Urination

When you cannot control urination, it is called a loss of bladder control, or incontinence. Symptoms include:

- Urine leaking during a sneeze, laugh, lifting, exercise, or when you bend over
- Not reaching a toilet in time once the urge to urinate is felt
- Continuing to dribble urine after you have finished urinating
- Constant leakage of urine.

How can I take care of myself?

Alcohol, caffeinated drinks, citrus juices, and spicy foods can irritate the bladder and make your symptoms worse. Drink plenty of liquid, especially water.

See your healthcare provider if you have problems urinating that do not get better within a day or two. The treatment depends on what is causing the problem.

Developed by RelayHealth.

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