

## What is Urinary Retention?

Urinary retention is when the bladder does not fully empty. When the bladder empties, it should have no more than 100-150 cc left. Urinary retention can happen when pelvic floor muscles become lazy. Other common causes include using a catheter, trauma from childbirth or medications given during childbirth.

## What Are Some Symptoms Of Urinary Retention?

- Inability to pass urine for 6 or more hours after having a baby
- Inability to pass urine for 6 hours or more hours after removing the catheter in your bladder
- Feeling like you cannot fully empty your bladder
- Pressure or pain in your lower abdomen
- Frequent need to urinate
- Leakage of urine
- Straining to urinate

## What Are Some Possible Treatments For This Condition?

Over-the-counter Tylenol® or Motrin® can help to reduce your pain. The goal is to get the pelvic floor muscles working again. To support the muscles and bladder during this time, you may need to use a catheter and receive treatment from a continence nurse or physical therapist. If you have a catheter empty the bladder every 4- 6 hours.

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