

# Overfull Bladder

After a brain injury, it is possible that your bladder may become "overfull." When the bladder has too much urine in it, it becomes overfull.

A bladder that is overfull much of the time can become stretched out and flabby. It can begin to lose its ability to contract and help in the emptying process. When urine is kept in the bladder too long, it creates an environment where germs can grow, which can lead to infection. The infection can travel up into the kidneys, causing a kidney infection. If left untreated, stones can form in the kidneys and the bladder.

High bladder pressure is another potential problem caused by an overfull bladder. High bladder pressure can cause urine to back up into the kidneys or change the integrity of the bladder wall itself. Both increase the chances of urinary tract infections.

## What causes an overfull bladder?

1. Not emptying the bladder completely when doing the toileting program
2. Not doing ICs on time
3. Not emptying the bladder completely when refluxing urine. A person who reflexes urine may use a condom catheter for his bladder program.

Signs that the Bladder is Overfull	Treating an Overfull Bladder
Feelings of bladder fullness even after emptying	Do toileting program on time
Frequent visits to the toilet with small amounts of urine	Limit fluid intake at end of day/before bedtime
Increased amount of urine resulting from the use of ICs (more than 500 ml or 16 ounces)	Be sure to empty the bladder completely when toileting, doing an IC or using a condom catheter
	Use ICs more frequently (e.g., every 4 hours instead of every 6 hours)