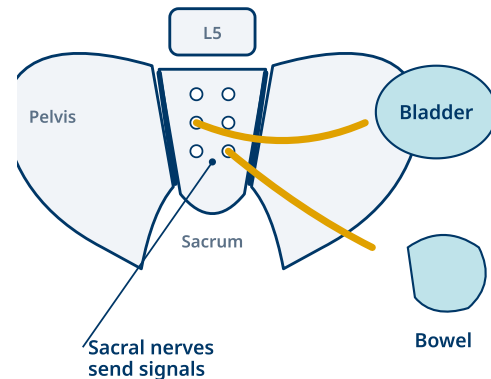


Bladder or Bowel Control

What it is

Some people have trouble controlling when they pass urine or stool. This can happen when the nerves that control the bladder and bowel do not send signals the right way. Treatment may help you get back more control.



Common symptoms

- Frequent urge to urinate
- Leaking urine before reaching the bathroom
- Waking at night to urinate
- Difficulty emptying the bladder
- Accidental bowel leakage

Self-care tips

- Keep a bladder or bowel diary to share with us.
- Limit caffeine, alcohol and fizzy drinks, which may make urgency worse.
- Drink enough water. Too little can irritate the bladder.
- Ask about pelvic floor exercises.

What to expect at GSMC

At your visit: We ask about your symptoms and examine you.

Tests: You may need X-rays, an MRI or other tests. Not everyone needs them.

Your plan: We talk about your options, starting with the simplest steps. We decide together.

When to call us

- Burning when you pass urine, fever, or blood in the urine
- Symptoms that get worse or change
- Leaking that keeps you from daily activities

Go to the emergency room if you cannot pass urine at all, or for new numbness in the groin with bladder or bowel changes.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/conditions/bladder-bowel-control/



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This handout is general information and is not a substitute for medical advice.