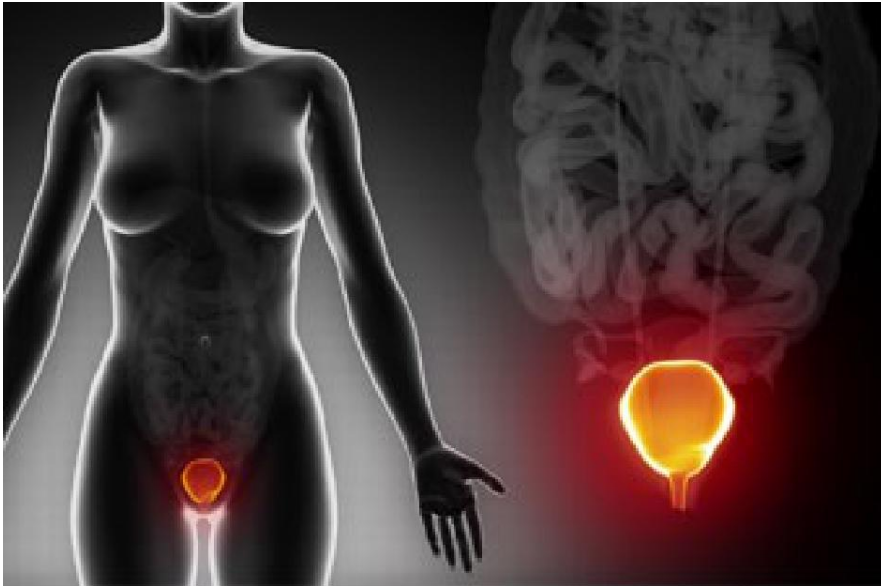




Urge Incontinence (Overactive Bladder)



Overview

This is when you need to urinate often and suddenly. It happens when the muscles that control your bladder have spasms. These spasms can force out urine even when your bladder isn't full. When you feel the need to go, you may have only a few seconds to get to the toilet.

Causes

A lot of things can make you feel these uncontrollable urges. They may be caused by problems with your nervous system, kidneys or bladder. You may have an infection in your urinary tract. In men, an enlarged prostate can cause them. And in older people, it may be a problem with how the brain communicates with the bladder.

Symptoms

If you have urge incontinence, you may feel the strong, sudden need to urinate many times a day. It may happen at night, too. You may leak just a little, or you may wet yourself. This can cause you to worry whenever you aren't near a restroom.

Treatment

Treatment options depend on the cause of your problem. They can include lifestyle changes, like drinking less or scheduling times for you to use the toilet. Medications or pelvic exercises may help you. And you may need other treatments, like injections, nerve stimulation or surgery. Your healthcare provider can create a care plan that is right for you.

