

# BLADDER PROBLEMS AND PARKINSON'S DISEASE



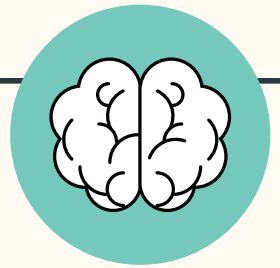
Bladder problems happen for many people with Parkinson's disease (PD) as the condition progresses. The most common symptoms experienced are the need to urinate frequently and difficulty delaying urination or needing to rush to the toilet. You might also need to get up many times during the night to go to the toilet. This can be challenging for you and your partner. Going to the toilet at night is made more difficult if you have trouble turning in bed or getting out of bed without assistance. There are several ways to help you deal with bladder problems. It is important to talk to your doctor about bladder problems because it might be a treatable infection.

## URGE INCONTINENCE

Urge incontinence is when you feel the need to urinate immediately, at times without warning. This means that you can't 'hold on' when you feel the urge to go. As a result, you might not reach a toilet in time. If you have difficulty getting up from a seat and walking to the toilet, it might take longer for you to reach the toilet.

## URINATING AT NIGHT

You might need to go to the toilet more than once or twice at night, which may be because of an overactive bladder or an increase in urine production. This may wake you up, or your bladder may empty while you are sleeping. If Parkinson's drugs have worn off during the night, it may be harder to get to the toilet in time, particularly if it is far away.



# TIPS TO HELP WITH BLADDER PROBLEMS

- **Diet and lifestyle:** don't reduce the amount of water you drink, but try reduce your tea and coffee intake; exercise often and stop smoking
- **Bladder training:** try to 'hold on' to strengthen your bladder
- **Catheter:** if your incontinence is difficult to manage, using a catheter (a tube in your bladder) can help, speak to your doctor about this
- **Container at night:** if you find it difficult to reach the toilet at night, try to have a bucket or container next to your bed for you to urinate in
- **Adult pads:** there are pads that you can use, designed for adults, to wear in your underwear that can assist with any leaking of urine during the day or night (make sure to change these as often as needed)
- **Bed protection:** use a plastic bed cover to protect your mattress (wash this when needed)
- **Don't rush:** try not to rush to the toilet to avoid falls
- **Don't leave it too late:** try not to leave it to the last minute to go to the toilet, give yourself enough time to reach the toilet, anticipate when you might need to go



Join a local support group to learn more and meet other people with Parkinson's disease:

Nairobi: 0722722090

Mombasa: 0707564733

Kisumu: 0710884431

For more information about Parkinson's disease visit:

[www.parkinsonkenya.wixsite.com/website](http://www.parkinsonkenya.wixsite.com/website)

OR

[www.parkinsonsafrica.com](http://www.parkinsonsafrica.com)



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