

## ***Your important health information***

# **Difficulties passing urine after having a baby**

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Following the birth of your baby you may have difficulty passing urine.

Some of the symptoms you may be experiencing include:

- reduced feeling or reduced urge to empty your bladder
- difficulty starting the flow of urine
- difficulty passing urine
- slow or stop/start stream of urine
- straining to pass urine
- leakage of urine
- feeling that urine is still in your bladder after going to the toilet.

In most cases, these symptoms resolve within a couple of weeks after giving birth. It is important that you avoid overstretching the bladder by following healthy bladder habits.

Whilst your bladder function is recovering, it is important that you:

- drink plenty of fluids – one and a half to two litres of water sipped consistently throughout the day
- ensure you go to the toilet every two to three hours.

**If you are experiencing any of the following symptoms:**

- **inability to pass urine**
- **severe lower abdominal pain**
- **swollen lower abdomen**

**please present to Emergency or contact the Emergency Department at your hospital.**

**Emergency Department - Mercy Hospital for Women      Phone: 8458 4001**

**Emergency Department - Werribee Mercy Hospital      Phone: 8754 3000**

A physiotherapist will contact you within two weeks after the birth of your baby to check if you are still having difficulty passing urine. We will then decide if you need an appointment.

## Your specific instructions

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### **Further Information**

If you have any questions regarding this information, please contact:

Physiotherapy Department

**Mercy Hospital for Women**

Phone: 03 8458 4141

**Werribee Mercy Hospital**

Phone: 03 8754 3150

### **Acknowledgements**

Produced by: Physiotherapy Department MHW

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