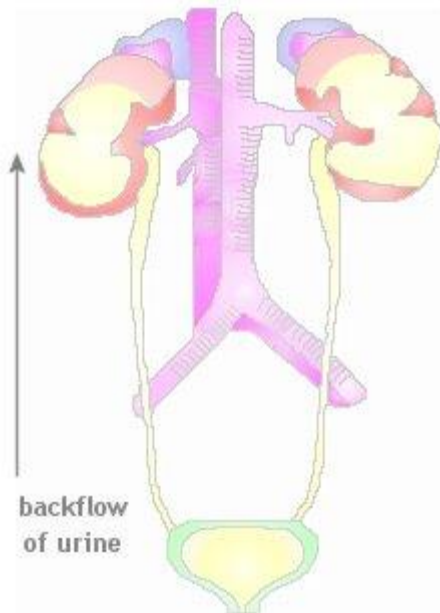


Urinary Reflux

Urinary reflux occurs when the urine flows backwards from the bladder into the kidneys.

It may be caused from an overfull bladder (not emptying completely or on time), hyper-reflexic bladder or problems with the bladder sphincter.



Sometimes the bladder sphincter muscle will increase the pressure in the bladder, causing urine to flow backwards.

Frequent urinary tract infections are a sign that reflux might be happening. If this is the case, call the doctor right away.

The best way to keep this from happening is to:

- Do toileting program on time and correctly.
- Empty the bladder completely each time.
- Schedule annual check-ups with the doctor.