**Neurogenic bladder - Daytime and Nighttime Protection**

Background: There are two types of bladder control problems that are associated with a neurogenic bladder.

* People with *overactive bladders* have little to no control urinating. If the bladder is overactive, a person might feel a sudden urge to urinate or might go the bathroom more often than common.
* *Underactive bladders* behave in the opposite way. The bladder loses its ability to empty properly and fills beyond the normal capacity. Underactive bladders fail to empty completely and hold on to urine.

**What are you doing to deal with night issues related to neurogenic bladder?**

* Use “Depends” or equivalent at night.
* Waterproof cover to fully cover mattress.
* Quilted mattress protectors, 36”x36”. Some people like washable version, others like the disposable version.
* Dog Wee-Wee pads are cheaper and work just the same as bed protectors for people.
* Women: extra-long, extra-absorbent maxi pads
* Men: condom catheters. One man reports this being covered by his health insurance.
* If the waterproof sheets make you get warm, place a towel between your skin and the product to absorb sweat.

**What do you do for daytime protection?**

* All: ‘Depends” or equivalent. You’ll see lots of styles and colors are now available. Products with less bulk are out there, as well.
* Men: Liberty brand condom catheter with leg bag. Keeps harsh ammonia off the skin better than pull-ups.
* Men: Try a Depends brand product called Guards. Similar to a woman’s maxi-pad and adheres to regular underwear. Catches a good amount of leakage, but won’t do the job if your full bladder empties itself.
* Women: Pads by Always brand. Pads by Poise. Is there a brand that chafes less?
* Double, triple, quadruple voiding. *Tap your bladder just above pubic bone to activate the last release of urine.*

**Protecting your skin:**

Use (organic) baby wipes to remove ammonia from the skin.

The legal stuff:   
"The chat room exists as a source of general information only.  The contents discussed do not represent therapeutic recommendations or prescriptions.  Users of the chat room are advised to consult their personal physicians for specific information or advice."