**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.

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