





The UTI Center 412-692-UTIS (8847) www.chp.edu/utis

Are there other helpful hints for managing BBD?

Constipation

- Have the child sit on the toilet after meals, with feet supported on a stool and legs relaxed (not held together). Have the child sit toward the back of the toilet seat.
- Sitting time should be close to 1 minute per year of age.
- Use a booster toilet seat or potty if your child cannot relax on the adult toilet.
- If none of these strategies work, talk to your child's doctor about a stool softener.

Bladder Problems

- Have your child urinate every 2 hours (timed voiding).
- When your child finishes urinating, have him or her go again (double voiding).
- Avoid the "5Cs": caffeine, chocolate, citrus, carbonation (soda pop), and food coloring.
- Use a reward system: Special reward when your child is dry.

For more information about BBD

• Contact the UTI Center at Children's Hospital of Pittsburgh of UPMC 412-692-UTIS (8847).

What is Bladder and Bowel Dysfunction (BBD)?

- BBD describes problems with both bowel and bladder function.
- Problems with bowel function usually present as constipation.
- Problems with bladder function usually present as daytime wetting, needing to urinate often and feeling the urge to "run" to the bathroom.
- Because the bladder and bowel share the same nerves, children with constipation also often have bladder dysfunction.





Why is it important to diagnose BBD?

• Long-standing BBD affects the muscles and nerves that control normal bowel and bladder function so that the child no longer feels the need to go. BBD increases

BBD increases the risk for urinary tract infection (UTI).

infections. Vesicoureteral reflux

the risk for urinary

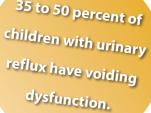
(VUR) is the back flow of urine toward the kidneys. VUR is more difficult to treat in a child with BBD.

What are the signs and symptoms of BBD?

Signs of Bladder Problems

- Urgency: having to "run" to the bathroom, short "warning" period (leaks on way to bathroom)
- Hesitancy: starting and stopping their stream of urine
- Pain or burning with urination
- Crossing the legs or squatting
- Doing "pee dance"
- Infrequent (1 to 3 times per day) or frequent (more than 6 times) urination
- Incontinence (wet/damp underwear)
- Frequent UTIs

35 to 50 percent of



Signs of Constipation

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- Constipation is defined as having: less than 3 bowel movements per week, passing large stools that block the toilet, or pain when trying to go to the bathroom.
 - Abdominal pain/back pain
 - Belly may look bloated
 - Child may soil underwear with liquid or soft stool

How is BBD treated?

Most importantly, treat the constipation with good nutrition.



- **Increase fluids** 4 to 6 cups of water for older children, and 2 to 4 ounces of pear, peach, or prune juice for infants.
- Increase fiber Good sources of fiber include: vegetables such as beans, corn, sweet potatoes, raw unpeeled fruit, bran cereals, graham crackers, whole wheat breads and vegetable soups. Children should have 2 servings of fruit, 2 servings of vegetables, and 2 to 4 servings of bread or dry cereal every day.
- If the above have been tried without success, the doctor may need to prescribe a stool softener or a laxative to allow the child to have daily bowel movements.



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