

Urotrauma: What You Need to Know

Urology Care
FOUNDATION™

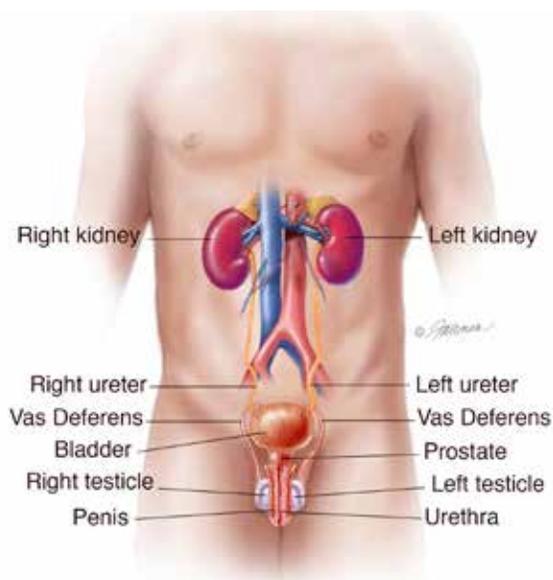
*The Official Foundation of the
American Urological Association*

WHAT IS UROTRAUMA?

Urotrauma is a word used for major harm to the urinary tract or reproductive organs. The harm could be from a number of things such as a car crash, fall, weapon, and so on. Urotrauma may change a person's fertility or the way they pass urine.

HOW DOES THE URINARY TRACT WORK?

The urinary tract is made up of the kidneys, ureters, bladder, urethra, and genitals. The urinary tract makes, stores, and removes urine. The kidneys clean the blood and balance chemicals in our bodies (sodium, potassium, calcium, phosphorous and others). The bladder stores the urine made in the kidneys. The urethra's main job in males and females is to pass urine outside the body. This thin tube also has a vital role in ejaculation for men.



The male reproductive system is made up of the penis, scrotum, and testicles (testes). They make sperm and sex hormones for male fertility. The female reproductive organs are the vagina, uterus (womb), ovaries, and fallopian tubes. These organs make the egg and sex hormones for female fertility.

WHAT CAUSES UROTRAUMA?

- Blunt trauma, such as a blow to the body
- Deep wounds, from a bullet or stab
- Falls and straddle harm to the genitals
- Crashes, such as from cars or bikes
- Wounds from war
- Harm from surgery

WHAT ARE COMMON SYMPTOMS?

Symptoms for urotrauma depend on which organs have been hurt. Some of the main symptoms are pain in and around your pelvis, blood in the urine, trouble passing urine, fluid loss or belly bloot.

HOW IS UROTRAUMA TREATED?

Based on the organs harmed, care aims to fix the problem, control symptoms, and prevent more problems. Most often, surgery is needed. If urgent health care is needed, it may involve a blood transfusion, IV fluids, or a hospital stay. Based on blood loss or if the pelvic bones are broken, extra care may be taken to be sure your body is ready for the surgery to fix the urinary tract.

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Healing will take some time. Your doctor may want to see you for checkup visits. If you have harm to your reproductive system, a counselor can help you learn about choices.

QUESTIONS TO ASK YOUR DOCTOR

- o What organs are harmed?
- o What type of surgery can help me?
- o How long will healing take?
- o What can I do to help feel better during my healing?
- o Will I heal fully?
- o What type of care will I need?
- o Am I still able to have children?

ABOUT THE UROLOGY CARE FOUNDATION

The Urology Care Foundation is the world's leading urologic foundation – and the official foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make health changes. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more, visit the Urology Care Foundation's website, **UrologyHealth.org/UrologicConditions** or go to **UrologyHealth.org/FindAUrologist** to find a doctor near you.

DISCLAIMER:

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologist or health care provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

For more information about urologic conditions, visit **UrologyHealth.org/Order** or call 800-828-7866.