



PEDIATRIC HEALTHCARE UNLIMITED

Pain With Urination (Chemical Urethritis)

DEFINITION

Diagnostic Findings

- Discomfort with passing urine (dysuria)
- Burning or stinging with passing urine
- Urgency, frequency, and straining are occasionally present

Cause

The most common cause of mild pain or burning with urination in young girls is an irritation of the vulva (vulvitis) and the opening of the urethra (urethritis). The irritation is usually caused by bubble bath, shampoo, or soap that was left on the genital area. Occasionally, it is due to poor hygiene. This chemical urethritis occurs almost exclusively before puberty. However, since 5% of young girls get urinary tract infections (UTIs), one must always consider this diagnosis. A UTI is a bacterial infection of the bladder (cystitis) and sometimes the kidneys.

Expected course of Bubble Bath (Chemical) Urethritis

With warm soaks, the pain and burning usually clear in 12 hours.

HOME CARE

Warm Vinegar-water Soaks. Have your daughter soak her bottom in a basin or bathtub of warm water for 20 minutes. Put 1/2 cup of white vinegar in the water. Be sure she spreads her legs and allows the water to cleanse the genital area. No soap should be used. Repeat this once in 2 hours and again in 12 hours. This will remove any soap, concentrated urine, or other chemicals from the genital area. Thereafter, cleanse the genital area once daily with warm water.

Prevention of Recurrences of Pain with Urination.

- Rinse the genital area with fresh tap water at completion of bath.
 - Don't use bubble bath in the bath water.
- If you are going to shampoo your child's hair, do this at the end of the bath.
- Teach your daughter to wipe herself correctly from front to back, especially after a bowel movement.
 - Encourage her to drink enough fluids each day to keep the urine light colored.

- Encourage her to urinate at least every 4 hours during the day.
- Sexually active young women should urinate after sexual intercourse.
- Have her wear cotton underpants. Underpants made of synthetic fibers (polyester or nylon) don't allow the skin to "breathe." Discourage wearing underpants at night.

Instructions for Collecting a Midstream, Clean-catch Urine Specimen at Home.

If you are told to bring in a urine sample, try to collect the first one in the morning. Use a jar and lid that have been sterilized by boiling them for 10 minutes.

Wash off the genital area several times with cotton balls and warm water. Have your child then sit on the toilet seat with her legs spread widely so that the labia (skin folds of the vagina) don't touch. Have her start to urinate into the toilet, and then place the clean container directly in line with the urine stream. Remove it after you have collected a few ounces but before she stops. The first or last ounce that comes out of the bladder may be contaminated.

Keep the urine in the refrigerator until you take it to the office. Put the jar in a plastic bag when you bring it in.

CALL OUR OFFICE

IMMEDIATELY if

- The pain with urination becomes severe.
- Your child develops a high fever (over 104° F [40° C]) or chills.
- Any abdominal or back pain occurs.
- Your child is able to pass only very small amounts of urine.
- The urine becomes bloody or cola colored.
- Your child starts acting very sick.

DURING REGULAR HOURS if

- The pain and burning continue for more than 12 hours after a warm vinegar-water soak.
- Your child develops any fever (over 100° F [37.8° C]).
- Day or night wetting begins to occur.
- You have other concerns or questions.