

Urination Pain

Definition

- Discomfort (pain, burning or stinging) when passing urine
- In children too young to talk, suspect pain if your child begins to cry regularly while passing urine
- Urgency (can't wait) and [frequency](#) (passing small amounts) of urination may be associated symptoms

Causes

- Main cause in [young girls](#): an irritation and redness of the vulva and opening of the urethra from bubble bath, shampoo or soapy bath water (soap vulvitis)
- Any boy with painful urination needs his urine checked.
- Occasionally in young boys the urine is normal and the pain is caused by an irritation of the opening of the penis. In teenage boys, pain can be due to inflammation of the urethra caused by a [sexually transmitted](#) disease.
- Bladder or kidney infections (urinary tract infections) are possible at any age.

Return to School

- Even if your child has a bladder infection, it is not contagious. Your child does not need to miss any school or child care.

Care Advice

1. Definition: Soap Vulvitis is the #1 cause of pain with urination in young girls.
 - a. Burning or stinging with passing urine
 - b. Vaginal itching or irritation may also be present
 - c. Prepubertal girl less than 10 years old
 - d. Uses bubble bath, bathes in soapy water or washes genitals with soap
 - e. To be sure she doesn't have a bladder or kidney infection, she usually needs to have her urine checked. The following treatment will reduce symptoms while awaiting your appointment.
2. Baking Soda-Warm Water Soaks:
 - a. Soak for 20 minutes to remove irritants and to promote healing.
 - b. Add 2 ounces (60 ml) baking soda per tub of warm water (Reason: Baking soda is better than vinegar for girls not into puberty).



- c. During soaks, be sure she spreads her legs and allows the water to cleanse the genital area.
 - d. Repeat baking soda soaks treatment 2 times per day for 2 days.
3. Avoid Soaps: Avoid bubble bath, soap and shampoo to the vulva because they are irritants. Only use warm water to cleanse the vulva or baby oil to remove secretions.
4. Increased Fluids: Give extra fluids to drink (Reason: to produce a dilute, nonirritating urine).
5. Pain Medicine: To reduce painful urination, give acetaminophen every 4 hours OR ibuprofen every 6 hours as needed.

When To Call

Call 911 Now (your child may need an ambulance) If

- Not moving or too weak to stand

Call Your Doctor Now (night or day) If

- Your child looks or acts very sick
- Can't pass urine or only can pass a few drops
- Blood in urine
- Severe pain with urination
- Fever is present
- Abdominal, side or back pain

Call Your Doctor Within 24 Hours (between 9 am and 4 pm) If

- Painful urination, but none of the symptoms described above (Reason: possible bladder infection)

Adapted from The American Academy of Pediatrics (2011) at www.healthychildren.org

