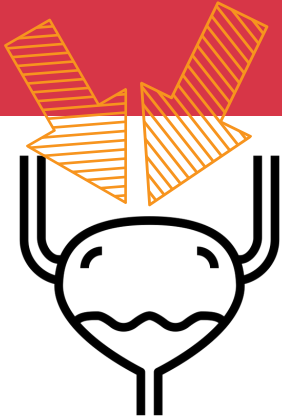


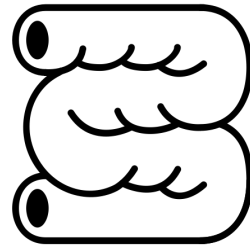
Possible Cause of Autonomic Dysreflexia



#1. Check bladder. Do an intermittent catheterization program if this is how the bladder is managed.

Is bedside or leg bag full? If so empty it. If legbag isn't full, check catheter – is it draining? If catheter isn't draining is it kinked or is it blocked?

If the catheter is kinked then straighten it. If the catheter is still not draining it is most likely blocked and will need to be changed ASAP using anesthetic jelly if available.

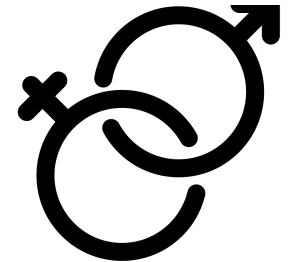


#2. Check Bowels: an overfull bowel, constipation or bowel blockage (impaction) can cause AD.

Digitally check lower bowel and empty using anesthetic jelly if available.



#3. Check Skin and remove source if possible: tight clothing, sitting on testicles, pressure sores, ingrown toenails, burns/sunburn, insect bites or contact with hard or sharp objects can cause AD.



#4. Sexual Activity or Reproduction: too much genital stimulation, ejaculation, menstruation or pregnancy can cause AD.

If after checking all these possible causes of AD the person is still experiencing symptoms they require medication and/or a trip to the hospital.