

## Warning signs for Cauda Equina

When combined with severe low back +/- leg symptoms, any combination / number of these warning signs could be symptoms of Cauda Equina Syndrome. Although this is rare it is essential that if any of the following symptoms develop you must seek emergency medical help within 12-24 hours. Initially attempt contacting your on-call GP and if this is not possible then attend the local Accident and Emergency Department.

- Loss of feeling / pins and needles between in / around your genital/back passage region. (The area you wipe after toileting)
- Increasing difficulty when you try to urinate
- Increasing difficulty when you try to stop or control your flow of urine
- Loss of sensation when you urinate or open your bowels
- Since the onset of your symptoms leaking urine / recent need to use pads
- Not knowing when your bladder is full / empty
- Inability to stop bowel movements / leaking of your bowel
- Changes in your sexual function since your symptoms
- Loss of sensation in genitals during sexual intercourse