

## Warning signs for Cauda Equina

Many patients have a combination of back pain, leg pain, leg numbness and weakness. These symptoms can be distressing for you but don't necessarily require emergency medical attention. **A rare but serious back condition, Cauda Equina Syndrome, can lead to permanent damage or disability and will need to be seen in the Accident and Emergency department.**

Warning signs include:

- Loss of feeling / pins and needles between your inner thighs or genitals.
- Numbness in or around your back passage or buttocks
- Altered feeling when using toilet paper to wipe yourself
- 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 pass urine
- Leaking urine or recent need to use pads
- Not knowing when your bladder is either full or empty
- Inability to stop a bowel movement or leaking
- Loss of sensation when you pass a bowel motion
- Change in ability to achieve an erection or ejaculate
- Loss of sensation in genitals during sexual intercourse

Any  
combination  
seek help  
immediately

**For this information in other languages visit:**

<https://www.eoemskservice.nhs.uk/advice-and-leaflets/lower-back/cauda-equina>

### **YouTube video**

When you should seek urgent help from your back pain (by the MACP)

<https://www.youtube.com/watch?v=FdlxfcJmn-4>