

Why Do I Feel Like I Have to Pee After I Already Peed?

6 Reasons



Urinary Tract Infection (UTI)

Burning, pain, cloudy urine, or a strong urge to pee may point to an infection.



Overactive Bladder

Your bladder may send "go now" signals too often, even when it isn't full.



Incomplete Emptying

Your bladder may not fully empty due to loss of bladder muscle strength, nerve problems, or prostate issues.



Diabetes or High Blood Sugar

Extreme thirst and frequent peeing can be a warning sign of high blood sugar.



Pregnancy

Hormone changes from pregnancy can make you feel like you need to pee more often.



Bladder Irritation

Caffeine, alcohol, certain medications, and too much fluid can trigger urgency.