

Tips for Managing Trouble Urinating



Things you can do on your own

- Drink at least 6-8 cups of fluids, such as water, each day.
- Avoid caffeine, alcohol, spicy foods, and tobacco products.
- Wear loose fitting clothing and cotton underwear to prevent urinary tract infections (UTIs).
- Wear absorbent pads inside your underwear.



With the help of your care team

Ask your care team about prescription medications. They may prescribe you medicine to help relax the bladder muscles like:

- Botulinum toxin type A (Botox, Dysport) injections
- Tamsulosin (Flomax)
- Oxybutynin (Ditropan XL)



When to call your care team for help

- If you have blood in your pee
- If you have cloudy pee or pee with a foul odor
- If you feel like you need to pee after you go
- If you have pain or burning when you pee
- If you feel that you need to pee urgently or often
- If you have pain in your back or belly area
- If you have a fever of 100.4°F (38°C) or higher
- If you have chills and fatigue
- If you have a history of regular UTIs or yeast infections



For more information and support, visit the American Cancer Society website at cancer.org/trouble-urinating or call us at **1-800-227-2345**. We're here when you need us.