

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
- Wear absorbent pads inside your underwear

See the Other Resources page for more information

With the help of your care team



- Your care team 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 urine
- If you have cloudy urine, or urine with a foul odor
- If you're having trouble emptying your bladder completely
- If you have pain, or a burning sensation when you urinate
- If you feel that you need to urinate urgently or frequently
- If you have pain in your back/flank or abdomen (belly area)
- If you have a fever of 100.5°F (38°C) or higher
- If you have chills and fatigue
- If you have a history of regular urinary tract infections (UTIs) or yeast infections

This content was created for the SIMPRO Study and is provided as general health information and is not intended to: invite or establish a healthcare provider-patient relationship, constitute furnishing professional services, constitute, or substitute for, the advice or judgment of a medical professional; or serve as a basis for medical treatment. This content was created with funding support from the National Cancer Institute of the National Institutes of Health under Award Number UM1CA233080. The content is solely the responsibility of the SIMPRO Study Team and does not necessarily represent the official views of the National Institutes of Health. Updated: January 2024.

© 2024 SIMPRO Study Team (Dana-Farber Cancer Institute Inc., Baptist Memorial Health Care Corporation, Dartmouth-Hitchcock Medical Center, Lifespan Health System, West Virginia University, Maine Medical Center). All Rights Reserved.