



TEXAS UROLOGY

INCONTINENCE COPING TIPS

1. Kegel exercises: You cannot do these too much. 200-300 repetitions per day are required to make a difference. Don't be alarmed – as each repetition takes no more than 1-2 seconds. This will be no more than 5-10 minutes per day (little effort for a big payoff).
2. Timed voiding: Empty your bladder every 2-3 hours even if you don't feel the urge to do so.
3. Double voiding: Urinate normally. Get dressed and leave the bathroom and involve yourself in another activity for 10-15 minutes. Then return to the bathroom and urinate again. At this point the bladder muscle may have recovered enough from the fatigue associated with contracting to force urine out during the initial urination, that the muscle is now rested up enough to contract and force out the rest of the urine. Remember, getting the bladder totally empty will help prevent leakage.
4. Don't wait: Empty your bladder at the earliest sign of fullness or urgency rather than trying to hold it.
5. Go easy on fluids – but not too easy:
 - Avoid diuretic-type fluids, i.e., caffeine, alcohol, and for some patients, grapefruit.
 - By keeping a chart of fluid intake you may find that you can decrease the total amount of fluids, particularly in the evening. While eight 8-ounce glasses of water are recommended for the average adult, many foods contain a large amount of liquid and you may determine that drinking eight 8-ounce glasses of water per day is actually too much in that it aggravates the incontinence.
6. Don't smoke: Nicotine irritates the bladder surface.
7. Avoid: Alcohol and caffeine.
8. Do: Keep bowels soft to avoid straining.
9. Don't panic if you have not warning: If the urge to urinate hits you, don't panic. Instead, at first notice, tighten your sphincter. Then relax your abdominal muscles. When the urge sensation passes, walk slowly, without panic, to the nearest restroom.
10. Anticipate accidents: If you know you are going to sneeze, cough, lift, or bounce up and down –squeeze the sphincter ahead of time and ward off an accident.

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