

BMDA Behavioral Therapies

General Urology Clinic

The following foods may increase bladder over activity and contribute to your lower urinary tract symptoms as well as urinary incontinence. Please moderate in your diet:

Alcohol, coffee, tea, citrus fruits and juices, tomatoes, spicy foods, sugar, honey, chocolate, onions, artificial sweeteners (especially NutraSweet), vinegar, aged or fermented foods and highly acidic foods

Some fruits may contribute as well: Apples, cantaloupes, strawberries, cranberries, grapes, guava, peaches, pineapples and plums

- Chamomile or peppermint teas are fine.
- Limit fluid to 64 oz. (2 liters or eight- 8 oz glasses) per day, mostly water. No more than 16 oz of bladder irritants to drink per day.
- Limit fluids 3 hours prior to bed (preferably sips).
- Timed void prior to the urge to void every 2 hours during the day be the clock.
- Remember, the best time to void is **PRIOR** to having the urge.
- Double void (take time to feel you empty fully) by getting up and sitting back down or changing position when you urinate.

Move your bowels daily:

It is important to have normal, daily bowel movements without straining. You may use over the counter agents that work well for you. You should start by taking a daily fiber supplement like Metamucil. If you have constipation, you may try Miralax. You may also try prunes. Please use these per the recommendations on the back of the package.

Kegels: 3 sets of 10, 3 times per day. Consciously tighten your pelvic floor prior to cough, laugh or sneeze to compress the urethra and minimize leakage.

Quick Flicks: These exercises help control the urge to urinate. When you get a strong urge to urinate first be very still and sit down if you can. This will help you maintain control over your bladder. Then quickly squeeze your pelvic floor muscles 5 times, wait a few minutes for the urgency to subside. If urgency continues, use distraction strategies (think of a something other than going to the bathroom i.e. shopping list, words to a song). Once the urgency lessens or stops, wait 5 minutes. Then, walk slowly to the bathroom.

A referral to physical therapy and biofeedback may be helpful to you.

If you have lower extremity swelling, lay flat for an hour prior to bed, consider TEDS compression stockings to minimize fluids building up in your lower legs during the day

If you are on a diuretic, try taking the diuretic 6 hours prior to bed. Lay down 1 hour after taking the diuretic to maximize the amount of fluid you put out prior to bedtime. Minimize the amount of fluid you put back in your system before you are in bed for the night.

Weight loss has been shown to decrease the incidence of urinary incontinence. So has tight Diabetes control and smoking cessation.

Emergency Center

In case of any emergency, call 911 or go to the nearest emergency center. *For non-emergencies during business hours, call our triage line at 904-202-7300 option 3.*

This handout is for informational purposes only. Talk with your doctor or health care team if you have any questions about your care. General Urology: Behavioral Therapies. Reviewed 1/21/2025.