

How to manage my fluids to reduce **urinary leakage**?

Toll-free support line 7 days a week

1 855 899-2873

Reducing your fluid intake may seem like a solution to reduce urinary leakage, but it can actually worsen the problem by further concentrating your urine.

Reducing your fluid intake below the recommended amount will increase the concentration of your urine, leading to more pronounced bladder irritation, more urgent urges and an increased risk of urinary tract infections. This will also impact the texture of your stools making you more likely to experience constipation due to the reabsorption of water in the intestines.

Conversely, drinking an excessive amount of fluid can be harmful for the body, as it will dilute the blood and overload the bladder. Respect suggested fluid volumes!

Here are some tips for managing your fluid intake to maximize hydration and prevent urinary leakage:

1. Limit fluid intake before bed

Reduce your fluid intake a few hours before bed to minimize the need to urinate during the night. However, make sure to stay hydrated throughout the day.

2. Avoid irritating beverages

Limit your consumption of beverages containing caffeine, alcohol and citrus, as they can irritate the bladder and increase the urgency to urinate.

3. Distribute your fluid intake

Drink small amounts of fluids throughout the day rather than consuming large quantities at once. This can help reduce pressure on your bladder and minimize urinary leakage.

4. Pay attention to your salt intake

Reduce your salt consumption, as it can cause water retention. When the body retains more fluid, the bladder may experience increased pressure, potentially worsening symptoms of urinary incontinence.

5. Practice pelvic floor strengthening exercises

Kegel exercises can strengthen the pelvic floor muscles, which can help prevent urinary leakage. (Ask your doctor or physiotherapist to show you how to do these exercises correctly.)

What to drink?

- Water, milk, juice, and herbal teas are considered good hydrators. In addition to this volume, soups and broths can also be included.
- Alcohol cannot be considered a hydrator, as it tends to increase water excretion, leading to more frequent urges to urinate. The function of the pelvic floor muscles is also affected by alcohol.
- Carbonated drinks (carbonated water, white sodas) and lemon water are not suggested for people with an overactive bladder.



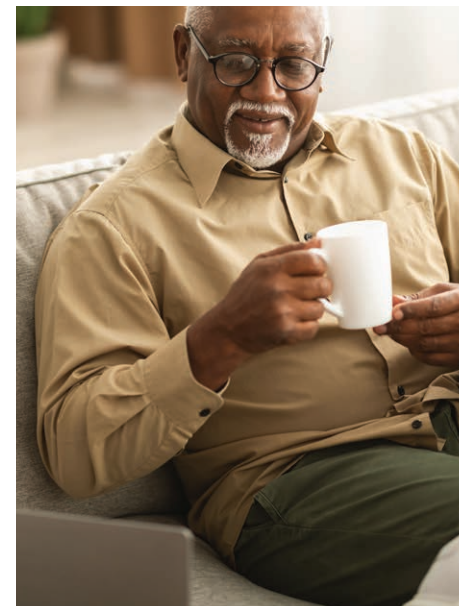
Limit your caffeine intake

Caffeine is found in coffee, tea, brown sodas, chocolate drinks, and chocolate. Each person reacts differently to caffeine, and the effects can vary in duration.

Since it is irritating to the bladder, it can increase both the frequency of urination and the urgency to urinate. Beyond 200 mg per day, the effect on the bladder will be felt for a variable duration. However, for some people, a consumption as minimal as 100 mg can have undesirable effects on the bladder. If more than 400 mg of caffeine is consumed, the impacts will be significant, and the diuretic effect will be felt. Stopping caffeine requires a withdrawal period to avoid headaches and nausea.

Caffeine content of some foods and beverages

| Beverages or foods | Portion | Caffeine content |
|--------------------------|-----------------|----------------------|
| Decaffeinated coffee | 1 cup (250 ml) | 6 mg |
| Espresso coffee | 1/5 cup (50 ml) | 89 mg |
| Soluble coffee (instant) | 1 cup (250 ml) | From 75 mg to 106 mg |
| Percolated coffee | 1 cup (250 ml) | 118 mg |
| Brewed coffee | 1 cup (250 ml) | 135 mg |
| Filtered coffee | 1 cup (250 ml) | 179 mg |
| Milk chocolate | 43 grams | 10 mg |
| Black chocolate | 43 grams | 31 mg |
| Hot chocolate | 1 cup (250 ml) | 60 mg |
| Tea | 1 cup (250 ml) | From 30 mg to 60 mg |
| Cola drink | 1 can (355 ml) | From 36 mg to 50 mg |
| Energy drink | 1 cup (250 ml) | 80 mg and more |



When should you consult a specialist?

If urinary leakage persists despite your efforts to manage your fluid intake, talk to your doctor. He may recommend additional treatments or refer you to a specialist in urology or pelvic rehabilitation for further assistance.

By following these tips and paying attention to your fluid intake, you can maximize your hydration while minimizing urinary leakage associated with prostate cancer.

Our health care professionals are here 7 days a week to answer all your questions as well as those of your family. Call **1 855 899-2873** or visit **procure.ca**

PROCURE is recognized by:

