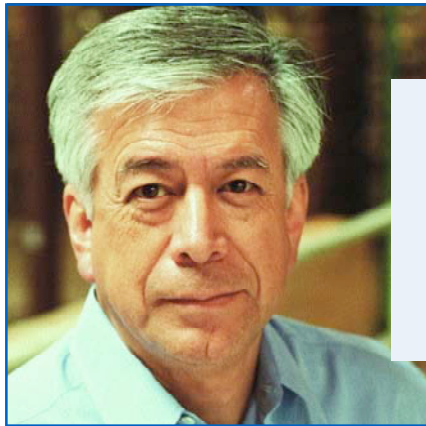


What To Do

About Changes When You Urinate



“A few weeks into radiation therapy, I started having a lot of pain. My doctor told me that there was medicine that could help. He also told me to keep drinking lots of liquids.”

Try to drink more liquids.

- Drink lots of liquids each day. Drink enough so that your urine is clear to light yellow in color.
- Water, cranberry juice, soup, and Jell-O® are all examples of liquids.
- Have small sips of liquid during the day. That may be easier than drinking a lot at one time.



Talk with your doctor or nurse to learn if there are drinks or foods you should stay away from.

Some liquids can make bladder problems worse. Your doctor or nurse may suggest that you **limit or don't have**:

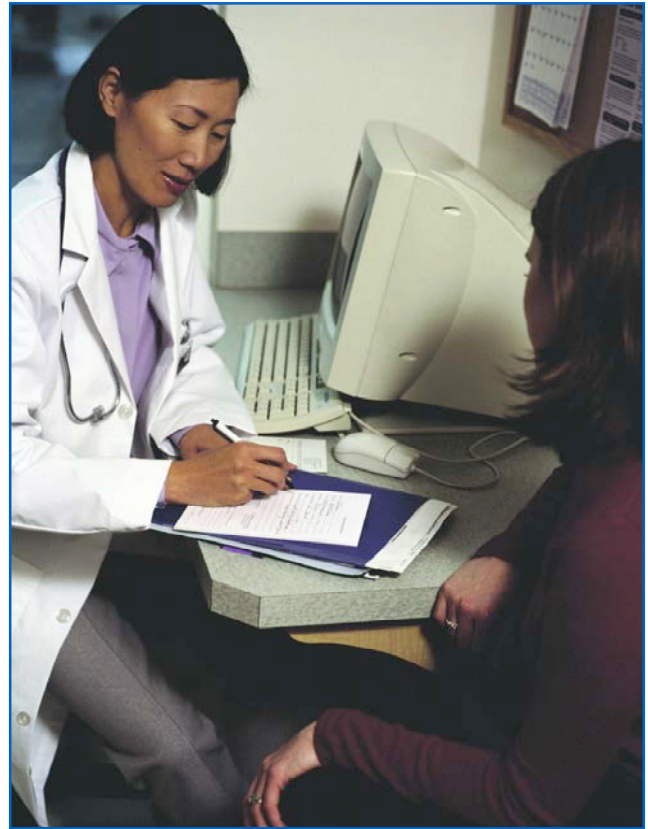
- Drinks with alcohol—like beer, wine, and liquor
- Drinks with caffeine—like coffee and tea

Let your doctor or nurse know if you have these signs:

- Pain, cramps, or a burning feeling when you urinate
- A reddish color or blood in your urine
- Trouble starting to urinate
- A hard time getting all the urine out
- A feeling that you have to urinate right away
- Leaking a little urine when you sneeze or cough

Questions to ask your doctor or nurse:

1. What changes am I most likely to have?
2. What problems should I call you about?
3. How long might these problems last?
4. Is there medicine I can take or something I can do to feel better?
5. How much liquid should I drink each day?
6. What liquids should I stay away from?



Free Services To Learn More

National Cancer Institute Cancer Information Service

Phone: 1-800-422-6237
(1-800-4-CANCER)

TTY: 1-800-332-8615

Online: www.cancer.gov

Chat Online: www.cancer.gov/help



**NATIONAL
CANCER
INSTITUTE**

NIH Publication No. 07-6110
Printed April 2007

