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Life style changes for patients with urinary symptoms

- . Adequate Fluid intake 1.5 litres- 2 litres per day
- . Reduce Caffeine intake- Avoid Tea/ Coffee/ Fizzy drinks/ Artificial Sweetners
- . Reduce Alcohol intake
- . Avoid Spicy foods
- . Benefits of cranberry juice
- Try Water with Lemon Juice
- . Avoid constipation.
- . Reduce Fluid intake 2-3 hours prior to bedtime.
- . If ankles swell during the day, Have a rest in the afternoon with legs elevated (preferably Higher than the heart)

. If you have to rush to the toilet to pass urine then bladder training and pelvic floor exercises may help you.

- Bladder training involves keeping a record of when and how much urine you pass on each occasion. The idea is that, over a week, you gradually increase the time between visits to the bathroom, and increase the amount of urine you pass.
- Pelvic floor exercises can help you hold on. You use your pelvic floor when you interrupt your urine flow or when you tighten muscles to pull up your penis. These muscles can be improved over a few weeks by doing daily exercises, which means tightening pelvic floor muscles for 10 seconds, 10 times a day