



Wake Forest University Baptist
MEDICAL CENTER[®]

Urology

Fluid Management

- Drink two 8oz cups of fluid with each meal
- Drink one 8oz cup of water between meals (Drink within 15 minutes)
- You should drink a total of **Eight** 8oz cups of fluid a day (Four of them must be water)
- **NO SIPPING**
- Nothing to drink after supper (1oz is allowed if you need to take medication)

Example:

2C	1 C-water	2C	1 C-water	2C
Breakfast		Lunch		Supper
1/2 cup of milk on cereal		1 cup of water		1 cup of milk
1/2 cup of orange juice		1 cup of herb tea		1 cup of decaf coffee
1 cup of decaf or reg coffee				

Time Voiding

- Try to urinate every **THREE** hours while you are awake, even if no urge is present. If this is too difficult try starting with two hours and increase in 15-minute increments over time until you reach three hours.
- Try to hold your urine the entire three hours

Example:

If you wake at 5am your schedule would be

5am 8am 11am 2pm 5pm 8pm 11pm

Kegel Exercises

- Try to close or tighten your rectal openings as if you were stopping diarrhea or gas from passing
- Hold for the count of 5
- Then relax for the count of 10
- Do this 15 times in a row in the morning and evening