



Issues with Urination

Online version with active resource links at: <http://cancer-help.me/urination>

Problems with Urinating?

Some cancer treatments such as radiation, some types of chemotherapy and immunotherapy, and surgery may cause urinary and bladder problems. Of note, it is common for your urine to change color or smell different during chemotherapy. Feeling pain or a burning sensation when you urinate, blood in your urine, trouble emptying your bladder, leaking urine when coughing are some examples of issues you may experience.

Talk with your cancer care team to learn what changes or symptoms with urination or your bladder you might expect and ways to best manage them as your cancer is being treated and after treatment ends. Also ask what symptoms should you call your cancer care team about.

Questions to ask your doctor or nurse:

- What symptoms should I call you about?
- How much should I drink each day?
- What liquids are best for me?
- Are there liquids that I should drink less of?

The following tips may help you manage changes with urination:

- Most people need to drink at least 8 cups of liquid a day. You can tell by the color of your urine if you are drinking enough liquids. Your urine should be light yellow or clear. If Yellow or darker, you need to drink more.
- Keep drinking liquids even if you have to go to the bathroom a lot. Liquids help your body to work well. Be sure to drink liquids other than water to obtain valuable electrolytes that are not contained in water alone.
- Some liquids can make bladder problems worse. These include:
 - Drinks with caffeine, such as coffee, black tea, and soda
 - Drinks with alcohol, such as beer, wine, mixed drinks, and liquor
- Stay away from spicy foods and tobacco products that can make bladder problems worse.

Call your doctor or nurse if you have:

- A fever of 100.4° F (38° C) or higher
- Chills
- Blood in your urine, or you are not able to urinate
- Pain or burning when you urinate

Tell your doctor or nurse if you have any of these changes:

- A strong urge to urinate more often
- Urine that is cloudy or an unusual color
- Trouble urinating

Content adapted from websites below.

Resources for Additional Information:

- [NCI, NIH, Urinary and Bladder Problems](#)
- [Chemocare, Urinary Tract Infection \(UTI\)](#)
- [Cancer.Net, Urinary Incontinence](#)
- [Cancer.Net, Infection](#)

Recursos en Español:

- [NIH, Instituto Nacional Del Cáncer, Problemas urinarios y de vejiga](#)
- [American Cancer Society, Cambios urinarios y de excreción](#)
- [Chemocare, Problemas renales](#)