Urotherapy

Cardinal Pediatrics
304-599-8000

Timed Voiding

Holding urine makes frequency, urgency, wetting and infections more common.

- Void 8x/day (approximately every 2 hours)
- MAKE A WRITTEN SCHEDULE, follow every day
- Make scheduled times be easy times (meals, recess, after a show, etc.)
- Try to void at these times whether feels the need to go or not
- Your child may not be able to void every time. That is OK
- Ideally, go BEFORE the bladder says to go
- May go in-between scheduled voids
- Marking the schedule with stickers/check marks may help
- Do not try to push the urine out, but try to relax and let it come out on its own
- Ensure stable positioning (feet flat on floor) to allow muscles to relax
- Encourage legs to be spread wide in girls to avoid urine trapping
- Avoid bladder irritants: CAFFEINE, CARBONATED DRINKS/POP, TEA, CITRUS/CHOCOLATE DRINKS
- Sample Schedule - Wake First period Recess Lunch 2:00 Home (4:00) Dinner (6:30) Bed (9pm)

Voiding strategies for frequent voiding, accidents, and poor bladder habits.

Double Voiding

Failure to empty all the urine irritates the bladder and makes wetting more likely

- After your child voids, have her do something active (10 jumping jacks, jump up and down 10x, dance for 15 seconds, etc.), then try to urinate again
- Double void at home (3x/day) and when convenient
- Double void before bedtime if a bed-wetter

CONSTIPATION - Hard, large, and infrequent bowel movements irritate the bladder and leave less space for urine

- Goal is a soft, normal sized bowel movement at least once a day
- Use moderation with MEAT, CHEESE, BANANAS, PEANUT BUTTER (common foods that constipate)
- Plenty of fruits and vegetables
- Plenty of juice/water, moderation with milk
- Avoid diuretics (CAFFEINE, CARBONATED DRINKS/POP, TEA)
- Sit on the toilet 10-20 minutes after breakfast and dinner for 5 minutes to encourage a bowel movement (do not push but focus on relaxing)
- Add extra fiber (in foods, supplements, etc.)
- If prescribed miralax (glycolax), adjust the dose (0-8oz daily) to ensure a soft BM daily. A small amount daily is better than using it on/off
- [Corn should be visible mixed in with the stool the day after eaten. If not, the child is likely backed up with stool. If seen in watery/very loose stool only, the child may be backed up.]

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Remember we are only a phone call/text away!