

## Physical Concerns – Urination

Internet version of this handout with active resource links at: <http://cancer-help.me/urination>

### 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

*Relieving side effects is an important part of cancer care and treatment. This is called symptom management or palliative care. Talk with your health care team about any symptoms you experience and any change in symptoms.*

Of note, it is common for your urine to change color or smell different during chemotherapy. Talk with your doctor or nurse to learn what changes you should expect and ways to best manage them.

### Questions to ask your doctor or nurse:

1. What symptoms should I call you about?
2. How much should I drink each day?
3. What liquids are best for me?
4. Are there liquids that I should drink less of?

Most people need to drink at least 8 cups a day. 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. Talk with your doctor or nurse to learn what you should stop drinking or drink less of.

These include:

- Drinks with caffeine, such as coffee, black tea, and soda
- Drinks with alcohol, such as beer, wine, mixed drinks, and liquor

Adapted from: NIH <https://www.cancer.gov/publications/patient-education/urination.pdf>

### Resources for Additional Information:

- [NCI, NIH, Managing Chemotherapy Side Effects, Urination Changes](#)
- [Livestrong, Effects Chemotherapy Has on Urinary Systems](#)
- [Chemocare, Urinary Tract Infection \(UTI\)](#)
- [NIH, NCI, Urinary and Bladder Problems](#)
- [Cancer.Net, Urinary Incontinence](#)
- [Cancer.Net, Infection](#)
- [American Cancer Society, Managing Urinary Incontinence for Men with Cancer](#)

### Información Española

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