

Urinary Frequency With Urgency

Fluid Control: Tips to reduce urinary frequency with urgency



6-8

Maintain fluid intake of six to eight glasses or more of fluids per day



12-16 ounces

Try not to drink large amounts of fluids with meals, usually no more than 12-16 ounces per meal. Sip on liquids between meals

Decrease or completely eliminate caffeine (coffee, tea, soda pop, energy drinks and alcoholic beverages)



Citrus fruits and juices are acidic and known to irritate the bladder. These should be consumed in moderation.



1-3 hours before bedtime

Discontinue fluids (except sips with medications) about 1-3 hours before bedtime to help lessen the need to urinate at night.



1-3 hours before bedtime

Reclining for approximately 1-3 hours before bedtime in your recliner or on the couch helps your kidneys produce urine so you can eliminate more before going to bed to help decrease the need to urinate during the night.