

Passing urine

Problems passing urine (peeing) can include:

- needing to pass urine (pee) more often
- a burning feeling when you pass urine
- needing to rush to the toilet to pass urine
- blood or blood clots in your urine
- difficulty passing urine, straining to start passing urine or a weak flow of urine
- feeling like you have not completely emptied your bladder after passing urine
- leaking urine (incontinence).

These problems can be symptoms of some types of cancer such as bladder and prostate. Some cancer treatments can also cause these problems.

Bladder problems can be embarrassing and difficult to talk about but it is important to see your doctor or specialist nurse if you are having problems. They may refer you to a doctor that specialises in treating bladder problems (urologist) or a continence advisor. There are things that can be done to manage or treat your symptoms.

Tips for managing problems passing urine

- Try to drink at least 2 litres (3½ pints) of fluids a day. Try to drink water, diluted fruit juice or herbal teas.
- Avoid drinks such as alcohol, fizzy drinks, drinks that contain caffeine, acidic drinks and drinks with artificial sweeteners (diet or light drinks) as these may make symptoms worse.
- Give up smoking or vaping. The chemicals in smoke from cigarettes and e-cigarettes irritate and damage the lining of the bladder. This can make your symptoms worse.
- Avoid putting extra pressure on your pelvic floor muscles. It can help to keep your weight within healthy limits, avoid getting constipated and avoid heavy lifting.
- Find ways of reducing stress. Feeling anxious can make you feel like you need to pass urine more often. It can also make your symptoms worse.
- You can buy incontinence pads from most supermarkets, pharmacies or online. If these are not absorbent enough, talk to your doctor or nurse.
- It is important to keep your skin clean and dry. Your doctor or nurse can tell you about products that might help.
- If you will often need to use the toilet quickly, try to have your bed or chair as close to the toilet as possible. Or have a commode, bed pan or urine bottle nearby.
- There are card and key schemes to help you access toilets when you are out. You can order a Macmillan toilet card from [be.macmillan.org.uk](https://www.be.macmillan.org.uk) or call **0808 808 00 00**.

Local resources:

Resource	Contact details

National resources:

Resource	Contact details
<ul style="list-style-type: none"> • Bladder and Bowel Community • Bladder Health UK • Disability Rights UK (for National Key Scheme) 	<ul style="list-style-type: none"> • www.bladderandbowel.org • www.bladderhealthuk.org • www.disabilityrightsuk.org/shop/official-and-only-genuine-radar-key

Further information

Our booklets and leaflets are available to order free on be.macmillan.org.uk

- Managing the symptoms of cancer
- Managing the late effects of pelvic radiotherapy in women and in men
- Managing the late effects of bowel cancer treatment

More information and support

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, 7 days a week, 8am to 8pm, or visit macmillan.org.uk

Deaf or hard of hearing? Call using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app. Speak another language? Telephone interpreters are available. Please tell us in English the language you would like to use.

We produce information in a range of formats and languages. To order these visit macmillan.org.uk/otherformats or call our support line.