



Blue Ridge Urogynecology

SUPERVISED BEHAVIORAL THERAPY HANDOUT

For Urinary Urgency, Frequency and Incontinence

Fluid Management:

There is no scientific evidence that states we need eight –8oz. glasses (64 oz.) of fluid every day. Remember, what goes in must come out! Most people meet their daily hydration needs by letting their thirst be their guide. Unless you regularly exercise strenuously or work in hot conditions you can safely limit the amount of fluids that you drink to less than 64 oz. per day. You should also remember that we get additional fluids from our diets in the form of soups, stews, fruits, etc. It has been shown that we get as much as 20% of our daily fluids from our diet, so 50 ounces of all beverages (water, milk, tea, coffee, soda) are probably adequate.

If you are in the habit to drinking large amounts of fluids every day, these suggestions may help you cut back.

- Don't carry a water bottle or large container of fluids around with you.
- Use a smaller glass or cup than usual.
- Take small sips of fluids instead of large gulps.
- If your mouth is dry, try sugar free gum or candy.

We also recommend that you spread out fluids during the day instead of drinking large amounts at one time, especially before leaving the house. If you get up to void more than 1–2 times per night, you should stop fluids 4-6 hours before bedtime.