

Passing urine

Problems passing urine can include:

- needing to pass urine (pee) more often or having to rush to the toilet
- a burning feeling when you pass urine
- blood or blood clots in your urine
- difficulty peeing, for example a weak flow or having to strain to start peeing
- feeling like you have not completely emptied your bladder after peeing
- 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. Sometimes, a urine infection can cause some of these symptoms too.

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

Tips for dealing with problems passing urine

- Aim to drink at least 2 litres (3 ½ pints) of fluids a day. Try to drink water, diluted fruit juice or herbal teas.
- Avoid alcohol, fizzy drinks, drinks that contain caffeine, acidic drinks and drinks with artificial sweeteners (diet drinks). These may make symptoms worse.
- If you smoke or vape, [try to stop](#). The chemicals in smoke from cigarettes and e-cigarettes irritate and damage the lining of the bladder.
- Avoid putting extra pressure on your pelvic floor muscles. You can do this by keeping your weight within healthy limits, preventing constipation and avoiding heavy lifting.
- Doing [pelvic floor exercises](#) may help with bladder control. Your cancer doctor, nurse or physiotherapist can explain how to do these and if they will be helpful for you.
- 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 or get them from a continence advisor.
- It is important to keep your skin clean and dry. Your doctor or nurse can tell you about products that may help.
- If you need to use the toilet quickly, try to have your bed or chair as close to the toilet as possible. Or you can have a commode, bed pan or urine bottle nearby.
- You may feel worried and embarrassed knowing you may need to get to a toilet quickly. There are card and key schemes to help you access toilets away from home. You can order a [Macmillan toilet card](#) from be.macmillan.org.uk or by calling 0808 808 00 00.

Macmillan Cancer Support resources

We have more information on our [website](#), including audiobooks. Or you can order our free booklets and leaflets on be.macmillan.org.uk such as:

- [Understanding pelvic radiotherapy](#)
- [Managing the bladder late effects of pelvic radiotherapy](#)
- [Managing the symptoms of cancer](#)

We produce information in a [range of formats](#) and [languages](#). To order these, visit our website or call our support line.

Further Macmillan 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 where you can [chat to us online](#).

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.

Or if you want to share your experiences or ask questions, you can find find others who understand on our [Online Community](#).

Other useful contact details

- Bladder & Bowel Community – visit www.bladderandbowel.org
- Bladder Health UK – visit www.bladderhealthuk.org
- Disability Rights UK (for National Key Scheme) – visit www.disabilityrightsuk.org

Notes and questions
