

DAYTIME VOIDING PLAN

1. Drink 6-8 8oz glasses of water daily.
 - Avoid bladder irritants such as soda, caffeine, and artificial sweeteners.
2. Timed voiding every 2 hours.
 - Use a strict schedule - set up times for mandatory voiding.
 - Sit on the toilet for 2 minutes.
 - Use toilet for strict time schedule, even if voided 10 minutes prior.
3. Constipation management.
 - Increase fiber.
 - Possible use of Miralax.
4. Good Hygiene. Change clothing as soon as it becomes wet or soiled.
5. Stop fluids within two hours of bedtime.
6. Double void prior to bed.

