

# Basic urotherapy

patient information

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Your child is currently receiving treatment for a bladder problem. This information brochure provides an overview of basic urotherapy and how this therapy can help with bladder problems.

Basic urotherapy comprises a [series of recommendations for improving bladder and urinary functions](#). It has been specifically developed for children with bladder problems, such as [daytime and/or night-time incontinence](#), an [overactive bladder](#) or [difficulties with urination](#).

By combining education with adjustments to daily habits, this therapy supports the development of [healthy bladder habits](#). It can improve bladder control and improve one's quality of life.



# BASIC GUIDELINES OF UROTHERAPY

## Drink enough water every day






Drinking enough water helps keep the bladder and kidneys active throughout the day.

The kidneys filter waste products from the body and turn them into urine. The bladder stores this urine until we feel the urge to go to the toilet.

Goal: ..... ml per day (at least 30ml/kg)

It's important to drink regularly throughout the day, not just after school. By 4 p.m., your child should have consumed about three-quarters of their daily fluid requirement already.

Here's a reminder.

Morning			Afternoon	
Breakfast	First break	Lunch	Second break	Dinner
				
2 glasses	1 glass	2 glasses	1 glass	1 glasses

Stop drinking one hour before bedtime.

Try not to have dinner too late in other words.



- Try to avoid **carbonated and sugary drinks** (e.g. soft drinks, sparkling water). Still water is the best choice for our bladder.
- Avoid **dairy products**, such as milk, yoghurt and cheese before bed. These products are high in protein and can stimulate urine production at night.
- **Caffeinated** beverages such as cola, energy drinks or coffee are also best avoided.  
Caffeine stimulates the kidneys, causing more urine to be produced in the short term and filling the bladder faster. This may increase bedwetting or daytime accidents.
- Avoid **food high in water content** and/or that stimulate the kidneys in the evening to produce a lot of urine in the short term (e.g. cucumber, watermelon, grapes).

Drinking enough water isn't always easy. Here are **a few simple tricks** that can help:








- ✿ Put **markings on the drinking bottle**. This tells your child when to drink and how much.
- ✿ Add a **flavour** like grenadine or lemon. Some bottles even come with **scented caps** (e.g. air up®).
- ✿ A drinking bottle with a straw is easier to drink from.



## Go to the toilet on time to empty your bladder

It's best for your child to empty their bladder every **two to three hours**, even if they don't yet feel the urge to go.

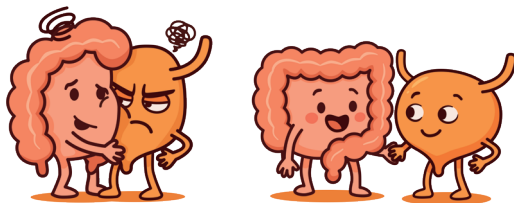
That means your child should empty their bladder at the following times:

Morning			Afternoon			
On waking up	First break	Lunch break	Second break	After school	After dinner	Before going to bed
						

If your child finds it difficult to remember or stick to these times, try involving the teacher. They can help remind your child to go to the toilet. You can also consider using a vibrating watch that can be set to go off every two to three hours. The vibrating watch on your child's wrist serves as a gentle reminder to empty their bladder. This vibrating signal is discreet and won't disturb other pupils or family members.

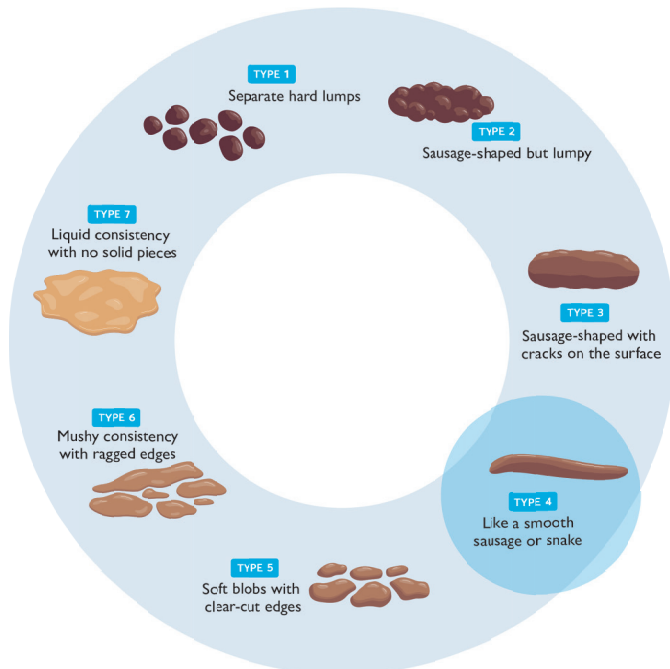
## Bowel habits

A healthy bladder function goes hand in hand with a healthy bowel function. If your child is constipated or has difficulty passing stool, it's recommended to address this first problem first.



Ideally, children should pass stool once a day and take their time to do so. Here are [some guidelines to guarantee a good bowel routine](#):

- Drink enough water every day.
- Eat plenty of fibre (e.g. kiwi, nuts, brown bread, vegetables).
- Don't eat too much food that may cause constipation (e.g. milk, chocolate, bananas).
- Get sufficient exercise.
- Adopt a proper toilet posture.
- Ideally, make time to go to the toilet from 15 minutes after each main meal. This is when the gastrocolic reflex occurs, which can help stimulate bowel movements.



## Toilet posture



To **fully empty the bladder**:

- ✿ Drop your trousers down to your ankles. (not just to the knees, as that creates tension on the level of the pelvic floor)
- ✿ Sit upright with a straight back, leaning slightly forward.
- ✿ Support the feet. If your child's feet don't reach the floor, we advise using a footstool.
- ✿ Don't strain. Breathe in and out calmly.
- ✿ Take your time. Think you're done? Stay seated and slowly count to ten.
- ✿ Boys are also encouraged to **sit** down to empty their bladder.

To pass **stool** comfortably:

- Try to raise your knees using a footstool.
- Sit in a relaxed, slightly slouched position.
- Avoid major distractions such as phones or tablets, a calming book is fine.
- A child-sized toilet seat may be advisable if your child feels like they're slipping into the toilet.



This video shows how:



Proper bowel movement posture



## Hygiene

- ★ Don't use soap to wash your vagina or penis. Washing with water only is recommended.
- ★ Use the correct wiping technique after passing stool: from front to back. This helps prevent urinary tract infections.
- ★ Both boys and girls should gently pat dry after emptying their bladder.

## USEFULNESS OF A BLADDER DIARY

In preparation for your next consultation, it's helpful to keep a bladder diary. This will be explained and provided during the consultation. Try to fill it in as accurately as possible. This information is important for the rest of the treatment.



## MESSAGE TO PARENTS

- ✿ **A fun reward system can be helpful.** Reward your child immediately. It doesn't necessarily have to be an expensive gift. A fun outing, letting your child choose what's for dinner or dressing up together can be just as effective. Your child's motivation is key.
- ✿ **Punishment doesn't help!** Your child isn't to blame for the occasional accident. This is often a problem that resolves itself over time, though we can't predict exactly when. By starting this therapy, we're already helping you take a step forward.

## USEFUL LINKS.



### Plaspraat

The mission of not-for-profit organisation Plaspraat? To break the taboo surrounding bladder issues by improving public knowledge.

They aim to prevent the need for medical care by promoting healthy bladder and drinking habits.

More information: [www.plaspraat.be](http://www.plaspraat.be).

## CONTACT DETAILS

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### Outside UZ Leuven

Are you looking for a specialised physiotherapist near you?  
An overview is available via [www.bicap.be](http://www.bicap.be).



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