



VOIDING PROBLEMS

What can I do?

●● Voiding problems

What can I do?

Drinking habits

- drink 2–3 liters per day
- do not drink 2–3 hours before going out where there is no toilet access
- do not drink 3–4 hours before going to bed

Toilet habits

- do not suppress a desire to void, but go when you need
- visit the toilet so that your voiding volume generally is 200–300 cc
- take your time for toilet visits
- go to the toilet before going out where there is no toilet access
- go to the toilet just before going to bed

Practical circumstances

- make your access to the toilet as easy as possible
- if you have trouble getting off your pants, consider whether pants with rubber bands can substitute buttons and zippers

Swollen legs

Swollen legs cause voiding at night.

Swollen legs may be relieved by:

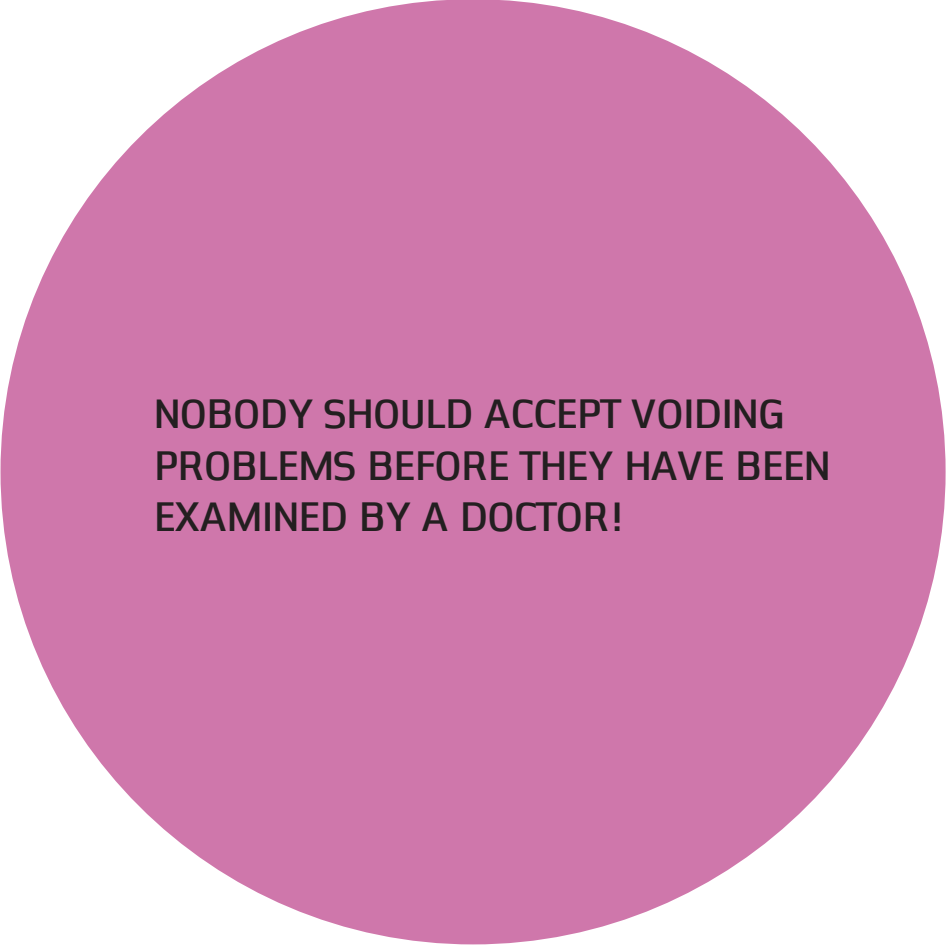
- elevating legs as much as possible when sitting
- exercise that stimulates the venous pump in the legs
- use of compression stockings

Swollen legs can be caused by other diseases than weak muscles. If you have swollen legs you should discuss it with your doctor

Contact your doctor if


- the symptoms has arisen within 1–2 years
- if the above advice is of no help

Lise Kay, M.D.
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**NOBODY SHOULD ACCEPT VOIDING
PROBLEMS BEFORE THEY HAVE BEEN
EXAMINED BY A DOCTOR!**



A close-up photograph of a wheelchair's rear wheel and axle. The wheel is dark and has a textured surface. The axle is metallic and connects to a black plastic frame. The background is blurred, showing what appears to be a paved surface and some foliage.

PTU is a national association engaged in creating equal conditions and increased quality of life for the more than 100,000 Danish people who suffer from serious injuries following an accident or a disease.

More info on www.ptu.dk