

Urinary Symptoms and Management with Pelvic Radiation

Potential symptoms:

- Frequent urination
- Urgent urination
- Slower urination
- Burning

Suggestions to help:

1. Ibuprofen (e.g. Motrin, Advil) 400mg three times a day or 600mg twice a day with food. If frequent urination is worse at night, start with 400-600mg at bedtime. Do not take if you have frequent heartburn or stomach irritation, uncontrolled high blood pressure or take aspirin or other blood thinners.

2. Flomax 0.4mg capsule once daily after dinner may increase to twice a day 30 minutes after meals. Side-effects may include a sudden drop in blood pressure upon standing resulting in dizziness or rarely fainting. If you have low blood pressure or are taking medications for high blood, please check with the staff before starting Flomax. Occasionally other medications in the same class may be substituted for Flomax.

Additional recommendations to help with for urinary symptoms include:

- Make sure bladder is full for radiation, don't urinate immediately before treatment.
- Drink 6-8 glasses of water a day.
- Avoid caffeine and alcohol as these are bladder irritants.
- Limit fluids after dinner to minimize frequent urination at night.