

# UFC

urology for children

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## Strategies to ensure optimal voiding



**Timed voiding** - a timed voiding schedule of every 2-3 hours. This schedule will help prevent urinary incontinence from holding “too long” and urgency symptoms. It also helps to prevent urinary tract infections. Helpful aids to assist in this include a voiding watch, cell phone for reminders or timers at home.

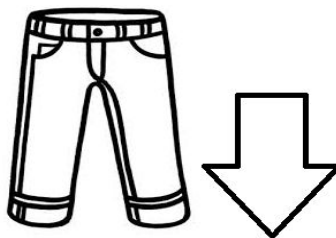
**Double voiding**- when finished voiding, have the child count to 5 or 10 and try to go again. It may be helpful to sing ABCs and try again or set up a timer in the bathroom.



**Stools:** It is important for the child to sit comfortably on the toilet without straining or using their abdominal muscles. A large stool to support their feet on or a Squatty potty seat is recommended.



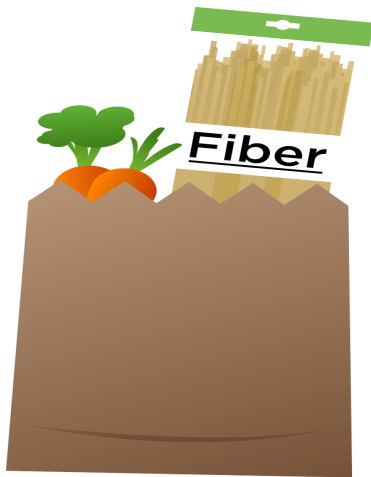
**Female patients**- Pull pants all the way down and spread legs apart. It may be helpful to have your child sit backwards at home. This allows all the urine to come out and prevents the urine from pooling in the vaginal area.



**Male patients**- Your son should be able to stand to void. Observe for any misdirection of the urinary stream, spraying, to the side, upward or a thin/forceful stream.

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## Stool softening recommendations



**Fiber intake-** Recommended daily fiber intake is based on your child's weight. The calculation for this is **(Age in years + 5) x 2 = goal in grams.**

For example: a 5yr old child would be **(5+5) x 2 = 20** grams fiber per day.

<b>Soluble Fiber</b>	<b>Insoluble Fiber</b>
Oats, Barley, Beans, Prunes, Sweet potatoes.	Cereals, Whole wheat bread, Lentils, Apples with the skin, Strawberries, Avocado.

### Other Suggestions

- ✓ *Fiber gummies, Fiber One bars and brownies, Benefiber powder or chewables.*
- ✓ *Culturelle Kids probiotics: this comes in chewable, dissolvable packets or gentle go formula which has 3.5 grams fiber.*
- ✓ *Fruits: Most fruits with the letter "p" have more fiber- peaches, pears, pineapple, plums, prunes (or prune juice), papaya, pomegranate. Also, strawberries and raspberries are great sources of fiber. For flavor, create fruit smoothies with water and ice and fruit!*

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