



**TIPS FOR DAILY CARE**

Below are some ideas of how you can care for yourself each day:

- Drink 10-12 cups of water each day.
- Wash your hands often and before eating.
- Use anti-nausea medications to help with upset stomach. Lozenges and chewing gum can also help.
- Try to eat food rich in plants and protein. Limit sugary, salty, high fat, and processed foods.
- Do not drink alcohol, if possible.
- Try to get a lot of sleep. Nap if needed.
- Prevent sunburn (use SPF 30 sunblock).
- Talk with your doctor about all medications and herbal supplements before taking them.
- Use a soft toothbrush, and, if you have mouth sores, rinse your mouth with 8 ounces of water mixed with ½ to 1 teaspoon of baking soda and/or ½ to 1 teaspoon of salt.
- Ask your doctor how to manage any unwanted side effects that you may have.

**ABOUT UROLOGY CARE FOUNDATION**

The Urology Care Foundation is the world’s leading urologic Foundation—and the official Foundation of the American Urological Association. We provide information for those actively managing their urologic health and those ready to make healthy changes in their lives. Our information is based on the American Urological Association resources and is reviewed by medical experts.

To learn more about different urologic issues visit **UrologyHealth.org/UrologicConditions**. Go to **UrologyHealth.org/FindAUrologist** to find a doctor near you.

**DISCLAIMER**

This information is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please talk to your urologists or health care provider about your health concerns. Always consult a health care provider before you start or stop any treatments, including medications.

For copies of printed materials about Bladder Cancer and other urologic conditions, visit **UrologyHealth.org/Order** or call 800-828-7866.

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