



CANCER
INFAMILY
— build knowledge



URINE CHANGES

This leaflet discusses urine changes and kidney and bladder problems that can appear with chemotherapy. Ask your doctor if you are at risk of these side effects from your treatment(s).

PATIENT INFORMATION LEAFLETS ARE NOT MEANT TO REPLACE THE INFORMATION, ADVICE AND SUPPORT PROVIDED BY YOUR DOCTOR.

Urine changes

Some chemo chemicals can irritate your bladder and/or cause short or long-term damage to the kidneys.



Urine changes, kidney and bladder problems

Chemotherapy can change the color of your urine (to orange, red, green or yellow) or give it a strong odor of medication. For a short period, the color and odor of the semen can also change.

*Tell your doctor
if you have any of
the following signs:*

- ✘ Pain or burning when urinating.
- ✘ Difficulty urinating.
- ✘ High quantities of urine.
- ✘ Increase in the frequency, urgency, and incontinence.
- ✘ Urine cloudy or with different color (orange, red, green or dark yellow).
- ✘ Urine with a strong smell.
- ✘ Fever.
- ✘ Chills.

To protect your kidneys and bladder, you should:

Drink plenty of fluids to keep a good urinary flow and avoid problems. You can drink water, soup, smoothies or red fruit juice (blackberries, raspberries and blueberries). Ice cream and gelatin also count as liquids.

Some drinks can actually worsen bladder problems (see the list below). Discuss with your doctor if you need to stop drinking or reduce:

- × Caffeinated beverages, such as coffee, black tea or cola drinks, as well as acidic drinks such as orange, pineapple or lemon juice.
- × Drinks with alcohol, such as beer, wine, especially white wine, cocktails or liqueurs.





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