

## Tips & Tricks for the Pediatric Urology Biofeedback Program

### Tips for Timed Voiding (urinating every 2 hours)

1. Set a timer on your phone, your parent's phone or a kitchen appliance to remind you.
2. Wear a watch and choose odd or even hours each day as the times that you will urinate.
3. Buy a watch that vibrates on a schedule to help you remember. You may talk to your nurse about where to buy one of these.
4. Work with your teacher at school to come up with a plan. Your Biofeedback nurse will give you a letter to take to your teacher. This will allow you to go to the bathroom every 2 hours and have a water bottle with you at school.

### Tips for Doing Your Ten Second Hold Exercises 3-5 Times a Day

1. Do your exercises while you are riding in the car. If you have a CD player in your car, you can use the Biofeedback CD. You can use the Apps on a tablet or phone in the car.
2. Set a routine for doing your exercises each day. For example, you could do your exercises before:
  - meals
  - bedtime
  - brushing your teeth
  - going to school

### Tips for Doing Your Quick Flicks Before Each Time You Urinate

1. Put a sticker on your bathroom mirror to help you remember.
2. You can print out a picture of the winking emoji and place it on the bathroom door as a reminder to do your winks before going to the bathroom.

### Tips for Increased Fluids Each Day

1. Bring a water bottle to school every day and be sure to finish it before the end of the day.
2. Work with your teacher at school to make sure you can drink fluids during the day. Your nurse can give you a letter to take to school about this.
3. Keep a cup by the sink in the bathroom and take a big drink right away in the morning. Take another drink after brushing your teeth and after breakfast.
4. Use water flavorings if needed. Make sure to choose wisely. Some flavorings are made with stevia or monk fruit versus artificial sweeteners. You can also flavor your water with a piece of fruit.

### **Tips for Increased Fiber Each Day**

1. Eat high-fiber snacks instead of snacks that are lower in fiber. Examples include:
  - Popcorn instead of chips or pretzels
  - A whole apple instead of applesauce
  - A sandwich on whole grain bread instead of white bread, etc.
2. Put flaxseed or chia seeds into a saltshaker and sprinkle the seeds on yogurt, pudding, cereal, etc. Flaxseed and chia seeds can also be added to homemade baked goods for extra fiber. Put chunky peanut butter on your celery or apples.
3. Buy fiber gummies. Read the label on the package for directions on how many gummies to take. Also, Fiber One bars are an option.

### **Tips to Help You with Your Biofeedback Program**

1. Make a chart to help you remember what you need to do. For example, you can make a chart with boxes to check off every time you urinate. Do your quick flicks, and your exercises. If you are awake for 14 hours, you should urinate at least 7 times during the day. Draw 7 boxes for urinating and doing your quick flicks.
2. Fill out your Biofeedback diaries every day to keep track of your progress.
3. Sticker rewards for daily log completion.

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person's health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 6/2022 University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing. HF#7872