

For our patients: What's voiding dysfunction?

Some kids think they did something wrong when they have accidents. It's okay to have different feelings. We want you to know that accidents are not your fault. In this sheet, we'll share some things you can do to help prevent them. Your parents and doctor can help too! Ask them questions and talk about how you feel.

Circle how you feel when you have accidents



Draw a face for other feelings you may have or write about how you feel

What's voiding dysfunction?

Pee is also called urine. The bladder is the part of the body where urine is stored until you go pee. It's like a bag in the bottom of your belly.

“Voiding dysfunction” are two big words your doctor may say. This means there is still pee left in your bladder even after going to the bathroom. If you don't get all of the pee out, you could have accidents even if you don't feel like you need to pee. You could also get sick and need medicine. Know that this isn't your fault.

What can I do to help prevent accidents?

Here are 5 things you can do. Your parents can help remind you.

1. Drink 8 glasses of water every day.

See if your pee is light yellow or almost clear like water. This means you're drinking the right amount.



Circle the glass of water that looks different from the rest

More about voiding dysfunction, continued

2. Pee every 2 hours even if you don't think you need to go.

This could be after watching a movie or after eating lunch at school. You can also ask your parents to set an alarm on their phone to remind you.



3. Don't rush or push when you pee.

Sing a song, or think about what you like to do or where you like to go for fun. You can also take a book to look at or read.

4. When you finish peeing, count to 10 and try again.

5. Eat lots of fruits and vegetables.

This helps you to have at least 1 soft poop every day.

Try eating fruits like:

- Apples
- Pears
- Berries

Try eating vegetables like:

- Broccoli
- Green peas
- Carrots



Circle the fruits and vegetables you like best. They are all good to eat!

Now that you've learned about some things to do...

Write down the questions you have for your parents or doctor
