

Drink more, pee less!?!?

Let's keep it simple.

It is common for people to experience constipation with Parkinson's, it is also common to experience urinary urgency and frequency. This can exacerbate the constipation as people will drink less to avoid less trips to the toilet or the risk of being "caught short" when out and about. But this can cause dehydration; and dehydration is the single biggest factor that can cause or worsen constipation.

Movement is also very helpful in keeping the bowels moving, but being constipated means that most Parkinson's medication may not be absorbed properly in a dry constipated environment, and you may not receive the full benefit of the medication therefore be afforded less movement which may impact on your ability to keep your bowels open.

Here is the myth breaker! Drinking more doesn't necessarily mean you need the loo more often. As you become more dehydrated, the urine becomes more concentrated and tends to be much darker. At this stage it will irritate the bladder and your body will decide it's time to urinate to reduce the irritation. This may only be a small amount, but if it is irritating the bladder wall, you are likely to find yourself going more often.

So, if you increase your fluid intake, you could:-

- Reduce constipation (headaches, feeling sluggish, nausea, discomfort etc)
- Help the absorption of medication which would also:-
- Afford you greater movement which also helps with constipation!

Face2face Parkinson's C.I.C.

10 Charborough Road, Filton Park, Bristol BS34 7RA

Registered Number 12739859 England

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- Pee less! Despite having more fluid in your system, it will be more diluted in the bladder causing less irritation so should mean less trips to the loo.

It's a win win! But of course, it will not work with drinks that may cause more irritation, diuretics, alcohol etc.

A good gauge of urine intensity is the colour - it should ideally be straw coloured HOWEVER! Some Parkinson's medication can change the colour of urine so it may not be a reliable gauge in this case - please check with your GP or PDNS.

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