

# Bladder Advice

## Input & Output

### Input

**Aim to drink 1.5-2 litres of fluid a day (3-4 pints or 6-8 glasses).** Many people drink less because they think it will reduce their leakage. However, if you drink too little, the urine becomes very concentrated. This irritates the bladder, making it empty more often, and leads to urine infections.

**Aim to drink at regular intervals during the day (every 2-3 hours).** If you drink a lot at once, it is normal to visit the toilet urgently afterwards.

**Avoid caffeine (i.e. tea, coffee and energy drinks, green tea and chocolate products).** It may also be present in medications such as analgesics, appetite suppressants, diuretics, and decongestants. Decaffeinated drinks also contain some caffeine.

Avoid any irritants to the bladder such as fizzy drinks, artificially sweetened drinks, alcohol, and acidic foods such as citrus and tomatoes.

Avoid drinks for 2-2.5 hours before bedtime if you want to avoid getting up at night.

### Output

Ideally, if you are drinking every 2-3 hours then you should have 2-3 hour gaps between emptying your bladder. For the average woman, it is normal to pass urine between 6-8 times a day. It is also normal to pass urine 0-1 times at night.

Try to ensure your bladder empties fully each time you urinate. If your bladder has a lot of urine left in it, then it will fill up again quickly. This will mean you are emptying frequently with only a little coming out each time.

- Always sit on the toilet with your feet and knees apart and your feet on the floor. Never crouch or hover over the toilet seat.
- Bend forward from your hips and rest your forearms or your hands on your knees.
- Keep the normal curve in your back and relax your abdominal muscles.
- Relax and take your time.

#### After passing urine:

- Relax and wait to see if any more urine comes out.
- Tilt the pelvis forward and backward while sitting on the toilet.
- Stand up, wriggle, and then sit down again. Lean forward and relax.
- Tap, spring or press the bladder, and then lean forward and relax.
- When you think you have finished, squeeze your pelvic floor muscles, hold for a few seconds, and then relax.