

HEALTHY BLADDER HABITS

This reference list for patients and caregivers is adapted from one first put forward by the Australian Continence Foundation. It is helpful for first-line management of urinary incontinence.

HEALTHY BLADDER HABITS

- ⇒ **Have an adequate amount to drink: 6-8 cups a day unless advised differently**
- ⇒ **Reduce caffeine**
- ⇒ **Most people empty the bladder about once every 3 hours in the daytime (4—8 times per day)**
- ⇒ **At night, having to go to the bathroom more than twice is abnormal**
- ⇒ **Don't strain to empty the bladder**
- ⇒ **Try to keep the bowels regular**
- ⇒ **Keep your pelvic muscles in shape ***

* learn pelvic muscle exercises