

HEALTHY BLADDER HABITS

DRINK PLENTY OF WATER

We should be drinking 2-3L of water/day depending on our body size, level of activity, and the climate we live in. A diet high in fruits and vegetables also provides us with water, healthy nutrients, and fiber our bladder and bowel need. We often limit our fluid intake for bladder control, but this can make bladder issues worse because the urine is more concentrated and more irritating to the bladder.

LIMIT GOING “JUST IN CASE”

A healthy bladder can hold about 2-2.5 Cups of urine. It is the bladder’s job to hold urine so you can wait about 2-4 hours between voids, depending on fluid intake. This means you should be going to the bathroom 4-8x/day and 0-1x/night. Your bladder will tell you it is stretching, and you will feel the first sensation to go when the bladder is only about 40% full. Waiting past this first urge is a good way to train your bladder to hold more urine.

TAKE YOUR TIME AND BREATH

Sit down on the toilet (yes, even public ones), take a few deep breaths as you let the urine flow naturally. Do not try to push urine out or rush the process. Give your bladder the time it needs to empty fully (although the bladder will always have a little urine left over). Relax and take this time to thank your bladder for doing its job!

KNOW WHAT FOODS AND DRINKS IRRITATE YOUR BLADDER

Drinking caffeine, alcohol, fizzy water and soda, dark chocolate, dairy products, spicy or acidic foods can irritate the bladder and cause urgency and/or leakage. Avoiding or limiting these foods/drinks can help decrease that feeling and regain bladder control. If you just can’t “give up” or limit your morning coffee, try drinking a glass of water first to dilute the irritating effects the caffeine can have on your bladder.

ALWAYS WIPE FRONT TO BACK

Keep your bladder happy and decrease your risk of UTI’s (urinary track infections) by wiping front to back to limit the spread of harmful bacteria to our bladder.

Please Contact Nalu Physical Therapy for Any Questions

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