

## Healthy Bladder Tips

- Normal urination occurs every 3 to 4 hours during the day
- Try to urinate no more than 7 to 8 times in 24 hours
- Avoid urinating “just in case” during the day and during the night
- Sit on the toilet and relax your muscles to urinate
  - Hovering above a restroom seat can lead to bladder dysfunction as you need your muscles to relax for proper urination
- Do not strain to have a bowel movement or to urinate
  - Straining can lead to hemorrhoids, weak pelvic floor muscles and organ prolapse
- Count how long it takes to urinate from start to stop. If less than 8 seconds, you should have been able to hold it
- Avoid constipation
- Avoid bladder irritants
- Ultimately you should decrease the use of pads
- Avoid sit-ups and crunches because these exercises put unwanted stress on your bladder and weaken your pelvic floor muscles (there are plenty of other safe abdominal exercises)
- Practice Kegel exercises
- DRINK enough water! Half your body weight in ounces or more if you sweat, exercise or talk a lot! Unless on a fluid restriction diet or otherwise instructed by your doctor