

Bladder Control

Your guide to
Better Bladder Control

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FOR BETTER BLADDER CONTROL

Drink six to eight cups of non-irritating fluid each day all before supper. Water is a good choice.



Some foods and beverages can irritate your bladder:



- Caffeine (coffee, tea, colas, chocolate)

- Alcohol (beer, wine, spirits)



- Artificial sweeteners

- Corn syrup, honey, sugar

- Carbonated beverages



- Highly spiced foods



- Citrus juice and fruits

- Tomatoes and tomato products



FOR BETTER BLADDER CONTROL

Remember...

- ◆ A good fluid intake leads to better bladder control and also prevents constipation.
- ◆ Poor fluid intake causes urine to be concentrated, which contributes to bladder spasms, infections, and a feeling that you need to urinate more often (frequency).
- ◆ Limit or avoid drinking fluids after supper - sips only.
- ◆ Try going to the bathroom to urinate every 2-3 hours, while awake.
- ◆ After urinating, wait one minute and try to urinate again! Leaning forward can also help to empty your bladder better.
- ◆ Good hygiene is very important in order to prevent irritation to your skin.



Suggestions:

- baby wipes
- zinc oxide
- continence products
- clean cotton underwear