



The Women's Hospital

JOINTLY PHYSICIAN OWNED

Deaconess



KNOW Your Bladder BETTER

Whether you've had a UTI, suffer from incontinence, or would simply like to know more about your bladder, check out the helpful hints and facts below!

- **Squeeze before you sneeze.** Engage pelvic floor muscles before the achoo gets the best of you!
- **Sit thee down!** Being seated all the way down on the toilet allows your bladder to relax and empty all your urine.
- **A little dab will do ya.** Wiping front to back will keep you clean and dry, but dab dab dabbing is easier for small hands and is gentler on the skin.
- **Just in case? Just kidding!** Going to the bathroom "just in case" can actually reduce your bladder's effectiveness and train your brain to think you need to go when you don't.
- **Are you a camel?** Holding urine for 5 - 6 hours on a regular basis could lead to a bladder infection.
- **Mind over bladder.** Sometimes your brain wants you to go, but your body doesn't need to.
- **Rock 'n Roll!** Like Elvis, you can rock your pelvis side to side on the toilet to help empty urine hiding in the lining of your bladder.
- **Bladder hygiene is a one way street.** Remember to wipe from front to back to prevent risk of infection.
- **Am I alone? Girl, no way!** Up to 70% of women experience incontinence in their lifetime.
- **Don't feel under pressure.** Forcing urine out while peeing puts stress on your pelvic floor muscles, weakening them over time and increasing your risk of future leaks.
- **Water each day keeps infection away.** It's recommended that you drink between 1.5 - 2 liters of water per day to stay hydrated and prevent risk of infection in your bladder.

- **Say no to Joe.** Caffeine (found in coffees and sodas) can irritate your bladder and increase the risk of incontinence.
- **Don't avoid voiding!** Voiding is the term for fully emptying your bladder when you go to the bathroom. Give yourself time on the toilet to relax and let it all out.
- **What's coming down the pipeline?** Urine is ~95% water, 3% urea and 2% other compounds.
- **Never forget to flush!** Urination is your bladder's way of flushing waste out of your body, which is why if you don't pee enough, that waste can make you sick.
- **Are you a plumber?** Your kidneys, ureter, urethra and sphincter work with your bladder and all together are called the urinary system.
- **Our favorite color is...** Transparent to light urine. It's a good look for your bladder and means you are hydrated. Yellow or dark yellow urine indicates that you may be dehydrated.
- **#NoFilter.** Your kidneys act as your body's filter, removing waste from your blood stream that gets transported out of your body through your urine.
- **Pyelonephritis is not your friend.** It's is a bladder infection that reaches your kidneys, and is a very serious condition.
- **We're just passing through.** Most kidney stones (a build up of minerals and waste in the kidneys) are small and exit your body when you pee, but some are large enough to get stuck and can be extremely painful.
- **Weight a minute.** Maintaining a healthy body weight helps out your pelvic floor and can prevent incontinence.
- **Berry good.** Eating cranberries or taking cranberry tablets can help prevent urinary tract infections. They contain flavonoids which prevent harmful infection-causing compounds from sticking to your urinary tract.
- **Eat your greens.** Eating foods high in fiber helps prevent constipation, which in turn eases pressure on your bladder.
- **Sip, don't gulp.** Regulate your water intake throughout the day to drink smaller amounts of water more regularly, instead of chugging water just a few times a day.
- **Water Bottle = New BFF.** Carry a water bottle with you to school, to work, etc. to stay hydrated throughout the day.
- **Like clockwork.** Using the bathroom every 3-4 hours when you are awake is normal. If you usually need to pee more frequently than that, talk to a doctor.
- **How much?** A healthy bladder holds between 1.5 - 2 cups of urine.
- **Feeling the burn?** If you experience a burning sensation when you pee, a frequent urge to urinate and have noticed your urine is a little off color, you may have a UTI and should see a doctor.
- **A clean reputation.** Afraid to come in contact with germs on a public toilet seat? Your computer or smartphone may host up to 400 times more germs than a toilet, so don't be afraid to sit down.
- **Cottoning on.** Cotton underwear is the healthiest choice for you "down there" as synthetic materials can aggravate your pelvic region and increase your chance of infection.

Questions or concerns? Contact the Pelvic Health and Wellness Center at
812-858-5950 • deaconess.com/pelvichealth