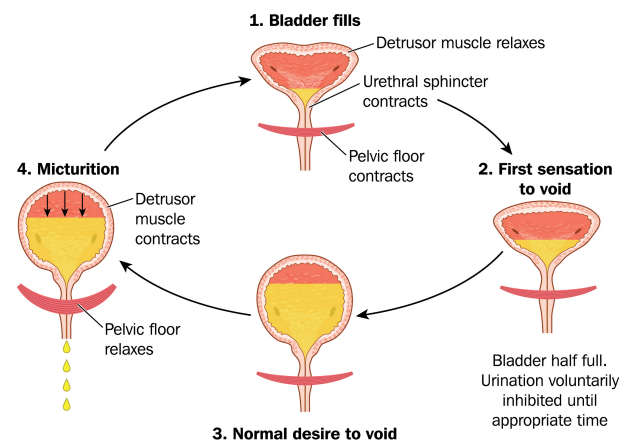


BLADDER HEALTH

WHAT IS CONSIDERED NORMAL?

- A normal voiding interval (during waking hours) is between 2-4 hours.
- The normal range of voiding urine is 5-7 times during a 24 hour period.
- Urine should flow easily without discomfort in a good, steady stream until the bladder is empty. **No pushing or straining** is necessary to empty the bladder. Hesitancy prior to urination and/or interruptions in the urinary stream are not normal.
- An urge is a signal that you feel as the bladder stretches to fill with urine. Urges can be felt even if the bladder is not full. Urges are not commands to go to the toilet, merely a signal and can be controlled.



WHAT ARE GOOD BLADDER HABITS?

- Take your time when emptying your bladder, sit down and relax. Do not rush the process. **Do not strain or push to empty your bladder.**
- Consistently ignoring the urge to go (waiting more than 4 hours between toileting) or urinating too infrequently may be convenient but is not healthy for your bladder.
- Avoid going to the toilet "just in case" or more often than every 2 hours. It is usually not necessary to go when you feel the first urge. Try to go only when your bladder is full.

TIPS TO MAINTAIN GOOD BLADDER HABITS

- Maintain a good fluid intake. You should strive for half of your body weight in ounces per day, unless otherwise advised by your doctor.
- Limit the exposure to bladder irritants, this is specific to each individual. Common irritants include (but are not limited to) alcohol, caffeine, carbonated beverages, cigarette smoking, acidic foods, citric foods, spicy foods, artificial sweeteners and chocolate.
- Urgency and frequency of urination can be improved by retraining the bladder and utilizing a bladder diary.

Practice good toilet habits. Don't let your bladder control your life.