# Fluid Intake Fact Sheet

### **Hydration and Pelvic Health**

Many bladder and bowel symptoms are linked to how much you drink each day. Before pelvic floor exercises, hydration is one of the first things to address.

#### Why It Matters

- Too little fluid can make the bladder "shrink," causing urgency and frequency.
- Too much fluid overstretches the bladder, causing bladder pressure and emptying issues.



#### How much to drink?

A rough average is around 2 litres a day. But this does depend on a number of factors such as weight, gender, activity levels and breastfeeding.



#### If you need to increase intake

Do it gradually - add 50-100ml every few days. Drink regularly throughout the day. Try not to just take little sips but several gulps of water at a time.

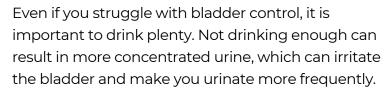


#### If you need to reduce intake

If you can see you are massively over 2 litres a day, cut down slowly. If you feel dehydrated, check with your GP.

#### How long it takes

Balanced hydration can improve symptoms in 1–2 weeks when done consistently.







## Did you know?

The bladder can hold up to 600mls of fluid!

The bladder is a muscle. It's important we stretch this muscle too. By drinking more, it helps us stretch our bladder!



For more support, watch the videos on fluid intake on our YouTube channel.

