

Fluid Intake Fact Sheet

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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.



Even if you struggle with bladder control, it is important to drink plenty. Not drinking enough can result in more concentrated urine, which can irritate the bladder and make you urinate more frequently.



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.](#)**