

# Bladder Health

## WHAT IS NORMAL?

Urine should be a light straw colour.

Passing urine roughly 5-6 times a day is considered 'normal'. Not getting up or only getting up once at night is expected.

## HEALTHY BLADDER HABITS

**Drink at least 1500ml of fluid a day** - more if breastfeeding or exercising heavily.

Try to **space out your fluid intake**- large volumes in one go reduce your ability to absorb and hydrate and can cause rapid filling of your bladder.

You don't need to cut our **alcohol or caffeine** completely, however your bladder may feel less sensitive if you cut down.

**FORGET** those '**Just in Case**' Wee's - you are training your bladder to empty at low volumes.

**Holding on all day** and then passing large volumes - can lead to an 'over stretched' bladder this causes communication problems between your brain and bladder.

**STOP Rushing to Wee**, Take your time. that extra 10 seconds can ensure your bladder is fully empty, reducing the risk of leaks and UTI's.

**Too many Kegels!!** Poor technique or an excessive number of contractions- such as those achieved by "Pelvic Floor" chairs can cause the muscles of your pelvic floor to become overactive - this means they are unable to contract and relax effectively when they need to.

Falling Oestrogen can negatively impact your bladder health, **Vaginal Oestrogen** ( different to HRT) can be a great help, speak to your GP.

## EXPERT ADVICE

**There is never one cause of bladder problems, the Gold Standard**  **is Assessment and Treatment with a Women's Health Physiotherapist.**