

Discharge Instructions / Patient Information

Healthy Bladder Tips

- Maintain adequate hydration: Avoid drinking too much or too little. Drink when thirsty. One measure of normal hydration is voiding clear pale-yellow urine every 3-4 hours. Fluid intake may need to be adjusted because of medical conditions such as kidney or heart disease.
- Limit foods and fluids that can irritate the bladder: alcohol, caffeine (coffee, tea, chocolate, soft drinks, artificial sweeteners)
- Keep your pelvic floor muscles healthy with pelvic floor exercises also known as Kegel exercises.
- Try to pass urine at least every 3 to 4 hours.
- Empty the bladder as fully as possible – don't rush.
- Quit smoking
- Maintain a healthy bowel, avoid constipation with a diet high in fiber.
- Keep a healthy weight.
- Exercise regularly.
- Women:
 - Wipe from front to back to keep bacteria from getting into the urethra, especially after a bowel movement.
 - Avoid hovering over the toilet seat because it can cause the bladder to not completely empty, increase risk for infection, and aggravate existing bladder control problems
- Urinate after sex to prevent urinary tract infections
- If you have diabetes, keep blood sugars under control
- Keeping heart failure and/or hypertension under control also helps the bladder.