

SUGGESTIONS FOR IMPROVING BLADDER HABITS

Recommendations:

1. Normal voiding is 6-8 times during the day or every 3-4 hours.
2. Total fluid intake should be 6-8 glasses or 1 – 1 ½ to 2 liters in a day.

Many people who have bladder control problems reduce the amount of liquids they drink in the hopes that they will need to urinate less often. While less liquid though the mouth does result in less liquid in the form of urine, the smaller amount of urine may be more highly concentrated and thus irritating to the bladder. Highly concentrated, dark yellow strong urine may cause you to go to the bathroom more frequently. It also encourages the growth of bacteria. When bacteria begin to grow, infection sets in and incontinence may be the result. Do NOT restrict fluids to control incontinence.

Foods and beverages to be avoided:

- Alcoholic beverages
- Coffee (even decaffeinated)
- Tea
- Soft drinks with caffeine
- Citrus juice and fruits
- Tomatoes and tomato-based products
- Highly spiced foods
- Chocolate
- Sugar

Beverages to be added:

- Water – add thin slice of lemon
- Cranberry, Grape, Apple, and Cherry juices

Clothing – cotton underpants

- Avoid nylon underpants and pantyhose
- Avoid colored & perfumed toilet tissue and sanitary napkins
- Avoid detergent bath additives or feminine hygiene products