

Good Bladder Habits

- Drink plenty of fluids – water is the best 6-8 glasses per day (1.5 – 2.0 litres per day)
- Avoid the use of soap, bubble bath, powder or sprays in the vulval area.
- Women should always wipe from front to back after going to the toilet
- Wear cotton underwear to reduce the build up of moisture in the vulval area which can facilitate bacterial growth.
- Care with tight fitting pants as they decreased the ventilation to the vulval area.
- If recurrent infections are a problem, take showers rather than baths. Increase vitamin C intake - cranberry juice, oranges or vitamin C casuals are an excellent source.
- Always attempt to pass urine after sexual intercourse to reduce the risk of infection.
- Post menopausal women who experience urinary tract infections may benefit from regular use of an oestrogen cream which can be prescribed by your local GP.
- Bladder infections may well be present with minimal symptoms.

Of Interest.

Infection, a reduced fluid intake, caffeine, alcohol, tiredness, cold, wet or windy weather and times of anxiety or emotional stress can all irritate the bladder and make your symptoms worse. Be patient with your bladder retraining as a urinary tract or bladder infection can cause an increase of stress or urge incontinence symptoms. If you suspect an infection due to significant changes in discharge or changes to the smell of your urine, please see your GP for a checkup. Once the infection has settled you can progress on your bladder retraining program.