



Do you have a bladder or bowel problem?

Continence problems are common, but small changes can often make big improvements

Try:

- Cutting out fizzy drinks
- Switching to decaffeinated drinks
- Avoiding citrus drinks
- Drinking regularly throughout the day—1.5 to 2 litres a day; about 6-8 mugs (water, decaff tea or decaff coffee).
- Pelvic floor exercises
- Losing weight if overweight.

If your symptoms persist speak to your doctor or health professional.

