

# Self-Help Advice for Patients with Bladder and Bowel symptoms...

## What you need to know!



**Do you go to the toilet more than 7 times during the day to pass urine?**

**Do you get out of bed more than twice a night to pass urine?**

**Do you have to rush to the toilet to empty your bladder or to have your bowels opened?**

These symptoms are not an inevitable part of the ageing process and can often be improved or cured with simple changes.

### **How much should I be drinking?**

Drinking too much or little fluid may affect your bladder and bowel.

You should drink 6-8 cups, mugs or glasses of fluid each day (1.5 to 2 Litres) unless your GP has advised otherwise.

### **What should I be drinking?**

Some food and drinks affect your bladder and bowel so should be avoided. These include:

Tea, Coffee, Cola, Chocolate, Alcohol, Citrus drinks (Lemon, Orange).

You can replace these with:

Decaffeinated tea, Decaffeinated coffee, Decaffeinated cola, non-alcoholic drinks, non citrus drinks (Grape or Apple).

**Avoid spicy foods or foods that you know affect you bowels.**

## **Avoid getting constipated**

Constipation can affect your bladder as it may not empty fully. It is important to eat a well balanced diet with plenty of vegetables and unpeeled fruit in order to prevent being constipated.

## **Getting control over my bladder**

If you are unable to get to the toilet in time look at how long it is between having to pass urine. For example if you are going every 2 hours then reduce to 1 and half hours and gradually increase this by 5 minutes as you gain control over your bladder. You should be aiming to go to pass urine every 3-4 hours.

## **Pelvic floor exercises**

Pelvic floor exercises can help with bladder and bowel symptoms; it helps to keep them in place and work correctly. Pelvic floor exercises can help to reduce leaking on coughing, sneezing or exercising and reducing the urge to pass urine. See link below regarding how to do your pelvic floor exercises.

## **Further information**

<https://www.bbuk.org.uk>

<https://www.youtube.com/watch?v=v731EXFR2k4>

**If you need help to understand this leaflet or would like it in a different language or format such as large print, Braille or audio, please ask a member of staff.**

**If your symptoms persist please contact your GP to discuss further.**