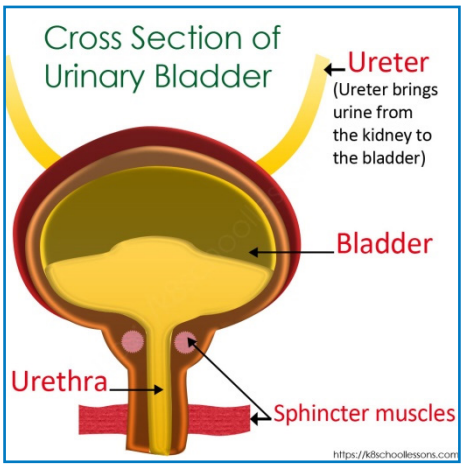
Healthy Bladder

What is a healthy bladder?

A healthy bladder stores urine without any discomfort. It empties between 4 and 8 times in 24 hours. A Bladder can hold around 400-500mls. You feel the urge to urinate when your bladder is a quarter full.

Your bladder and urinary system are essential for your body as they help to filter waste, and remove any excess fluid from the body and blood stream. This is through the urinary tract which consists of the kidneys, ureters, bladder and urethra. The main purpose of this is to transport, filter, store and dispose of urine from the body.

Urine is emptied from your urethra this is an opening located above the vagina.



How to keep your bladder healthy?

Aim to drink around 6-8 cups a day around 1.5 litres of fluid to keep you bladder hydrated.

Eliminate and reduce caffeine, green tea and hot chocolate. Caffeine can irritate your bladder and cause you to pass water more frequently.

Too much decaffeinated drinks as they have been chemically altered to reduce the amount of caffeine and they can cause bladder irritation, it is also a diuretic and can cause frequency of urination.

Alcohol and fizzy drinks can affect your bladder by increasing urgency to urinate. Fresh fruit juice and citrus fruits can cause bladder irritation.

It is normal to pass urine at least once overnight, frequent waking to go to the toilet can be as sign of over active bladder.
Not drinking enough fluid leads to constipation which can affect your bladder causing the bladder not to fill as much, cause the bladder to contract when it should or not empty well.

Good fluids

- Water
- Herbal teas (caffeine free)
- Cordial and diluted juice - Do not drink blackcurrent or berry flavoured cordial

Keeping a healthy weight can reduce pressure on your pelvic floor. Muscles which support your bladder.

Practising pelvic floor exercises regularly can reduce urge, frequency and incontinence. Your pelvic floor is a set of muscles that support the womb bladder and bowel. Exercises are to be performed daily.

Try to empty your bladder at regular intervals through the day. Try not to rush when you need to use the toilet, you can fail to empty your bladder fully which can cause infections. Sit on the toilet don't squat or hover as your pelvic floor muscles will not relax effectively.

For women it is important to wipe from front to back to reduce risk of infection when you have been to the toilet to reduce the risk of bacteria spreading from the rectum. Avoid passing urine just in case. Ensure you sit correctly on the toilet no hovering.

After intercourse it is advised you try to empty your bladder as bacteria can enter the urethra when you have sex and can lead to a urine infection.

What is the pelvic floor?

The pelvic floor is a sling of muscles (like a hammock) that helps to support internal pelvic organs such as bladder, bowel and reproductive organs. The hammock runs from the pubic bone at the front to the tailbone at the back.

They give you the ability to control the flow of urine, faeces and wind and to delay the emptying until appropriate.

When you contract the pelvic floor they lift the internal organs of the pelvis and tighten the openings of the vagina, urethra and anus.

UTI; Urinary tract infections

Urine infections are caused when bacteria enters the bladder through the urethra. They are more common in women because the entrance to the urethra is so close to the vagina and anus.

Symptoms of a urine infection are;

- Burning and stinging when passing urine
- Frequent and or strong urge to pass urine
- Cloudy dark or blood stained urine
- Strong smelling urine
- Pain in lower back or abdomen
- Confusion or change in cognitive state

If you suspect you have an infection please contact your GP. It is important that a sample is sent to the GP to ensure the correct antibiotics are prescribed if you have an infection.

If you have any comments about this leaflet or the service you have received you can contact :

Bladder & Bowel Service
Ground Floor
Bowling Mill
Dean Clough
HX3 5WA

Telephone: 01484 343815

www.cht.nhs.uk

If you would like this information in another format or language contact the above.

Potřebujete-li tyto informace v jiném formátu nebo jazyce, obraťte se prosím na výše uvedené oddělení

Jeżeli są Państwo zainteresowani otrzymaniem tych informacji w innym formacie lub wersji językowej, prosimy skontaktować się z nami, korzystając z ww. danych kontaktowych

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اگر آپ کو یہ معلومات کسی اور فارمیٹ یا زبان میں درکار ہوں، تو برائے مہربانی مندرجہ بالا شعبے میں ہم سے رابطہ کریں.

"إذا احتجت الحصول على هذه المعلومة بشكل مغاير أو مترجمة إلى لغة مختلفة فيرجى منك الاتصال بالقسم المذكور أعلاه"