Top tips for bladder and bowel health

1. Drink 1.5 - 2 litres of fluid per day
2. Drink mostly water
3. Keep caffeine intake to a minimum
4. Do pelvic floor exercises every day for life
5. Don't strain to have a bowel motion
6. Keep bowel motions soft with enough dietary fibre
7. Sit properly on the toilet to relax the pelvic floor
8. Ladies, do not hover over the toilet, use toilet paper to sit on
9. Any leakage is abnormal - see your GP and ask for a referral to a Continence Nurse
10. Any bleeding from the bowel or bladder is abnormal - see your GP