

# Ka pēhea taku mōhio he aha te mahi noa?

Tirohia ngā mahere tohutoro tere i raro nei

## He tōngāmimi hauora

- ✓ E kore e turuturu, ka tohu ina puhake, ā, ka āheia koe ki te haere ki te wharepaku
- ✓ Ka taea te pupuri te 400-600 ml o te mimi
- ✓ Ka mimi koe i te 4 - 8 wā i te rā kotahi
- ✓ Tērā pea ka whakaohotia koe i te wā kotahi noa i te pō kia haere ki te wharepaku (e rua wā rānei mēnā kua pakeke koe)
- ✓ Ka pau tonu atu te mimi ia wā

## He tōngāmimi haumate

- ✗ Ka turuturu te mimi ina maremare/matihe/hiki
- ✗ Ka mimi koe neke atu i 8 wā i te rā kotahi
- ✗ Ka taea anake te pupuri i te 300ml o te mimi, iti iho rānei
- ✗ Ka whakaohotia koe neke atu i te rua wā, i te pō kotahi
- ✗ Kāore e pau tonu atu i muri i te mimitanga
- ✗ Ka wera, ka kakati rānei i te wā e mimi ana
- ✗ Nā te kaha o te hiamimi e kore koe e tae wawe atu ki te wharepaku

Ki te whakaaro koe e haumate ana tō tōngāmimi, kua e tumeke!

Waea mai ki 0800 650 659 mō ētahi kupu tohutohu mārie, haere rānei ki [continence.org.nz](http://continence.org.nz) mō ētahi atu mōhiohio.

He nui ngā take e ngāwari ana te whakatau, ki te tika te tautokotia.

☎ 0800 650 659

🌐 [continence.org.nz](http://continence.org.nz)

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