

How do I know what's normal?

Have a look at our quick reference charts below

A healthy bladder

- ✓ Doesn't leak, tells you when it's full and gives you time to get to a toilet
- ✓ Can hold up to 400 – 600 ml of urine
- ✓ Empties 4 – 8 times a day
- ✓ May wake you up once a night to go the toilet (or twice if you are older)
- ✓ Completely empties each time

An unhealthy bladder

- ✗ Leaks urine with coughing/sneezing/lifting
- ✗ Empties more than 8 times per day
- ✗ Can only hold 300mls of urine or less
- ✗ Has you up more than twice a night
- ✗ Does not feel completely empty after passing urine
- ✗ Burns or stings when passing urine
- ✗ The urge is so strong you can't get to the toilet in time

If you think you might have an unhealthy bladder, don't panic!
Call us on 0800 650 659 for some friendly advice, or go to [continence.org.nz](https://www.continence.org.nz) for more information.
Many issues can be easily resolved, with the right support.

📞 0800 650 659 🌐 [continence.org.nz](https://www.continence.org.nz)