

# 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