

# OVERACTIVE BLADDER MANAGEMENT

## Diet

- **Avoid** foods and drinks that irritate the bladder, such as alcohol, citrus fruit and juices, tomatoes, and spicy foods.
- **Avoid** foods and drinks that contain **caffeine** – caffeine causes the body to shed water. Examples include many soft drink, chocolate, coffee, and tea.
- Drink between six and eight glasses of non-carbonated, non-caffeinated liquids – especially water – throughout the day.
- Cut back on liquids after 6:00 p.m.

## Bladder Retraining

- Bladder retraining can be very effective in easing strong, powerful urges to go.
- You and your doctor will devise a schedule for urination – initially, this may be at hourly intervals.
- Gradually, you will be able to increase the amount of time between bathroom breaks and decrease the number of “accidents”.
- Over several weeks or months, the cycle will approach a normal interval of about four hours.

## Pelvic Floor Muscle Exercises (Kegels)

- The pelvic floor supports all the organs inside the abdomen, especially when you are standing upright, and helps to hold the bladder in its correct place. Toning these muscles helps support the bladder and decrease urgency and frequency of urination.
- First, find the right pelvic muscles to exercise. Squeeze as if you are trying to stop the flow of urine or the passage of gas: these are the right muscles to use.
- Squeeze the pelvic muscles and try to **hold for ten seconds**. Relax for four seconds. The ultimate aim is 10 minutes sessions, at least 3 times a day (8am – 1pm – 8 pm).
- Make Kegels a part of your life: do them when a repetitive commercial comes on the television, when the news comes on the radio, or when you brush your teeth.

\*\*\*IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT OUR OFFICE\*\*