Healing Spot
719-270-1123 www.HealingSpotPT.com

Bladder Recommendations

Good Bladder Habits:

- Drink SIX to EIGHT 8 ounce glasses of non-caffeinated, non-alcoholic, non-carbonated beverages a day.
- Water is the top choice but juices and herbal teas are okay.
- Try to finish the last intake of liquid at least 2 hours PRIOR to bedtime.
- Limit or eliminate caffeine and acidic teas and juices. These can act as diuretics and/or bladder irritants that can irritate the bladder and cause urinary frequency.
- Avoid Constipation (see additional handout if needed).
- Normal bladder frequency
  - Daytime: 5 – 8 times a day, every 3 – 4 hours
  - 0 – 1 times at night
- Try to go for "8 Mississippi" - anything 8 mississippi or more indicates a full bladder. Anything less means the bladder wasn't full.
- Sit on the toilet with a relaxed pelvic floor; no straining.
- Void before and after sex.
- Avoid using sanitary pads if able.
- Do your Pelvic Floor Exercise but NOT while voiding.

Bad Bladder Habits:

- JIC-ing ("Just in case" peeing) - this means voiding when you don't feel the urge but feel the need to make yourself go (ex: before leaving the house to go shopping)
- Urinating while "hovering" or in a semi-squat position
- ***Avoiding using public toilets***
- Doing pelvic floor exercises while peeing (trying to stop the flow of urine on purpose) as it confuses the bladder-to-brain reflex
- Straining or hurrying to urinate
- Postpartum habits – peeing every time you feed baby
- Being dehydrated on purpose in order to control leaking (ex: intentionally NOT hydrating before or during exercise)

Beverages and Foods That Can Irritate The Bladder:

- Alcohol (beer, wine, cocktails)
- Carbonated drinks
- Caffeine
- Coffee and Tea: decaf and regular
- Citrus Fruits / Juices
- Tomatoes
- Spicy Foods
- Sweets
- Chocolate
- Milk / Milk products
- Artificial Sweeteners
- Yeast

If you ingest irritating items you can alkalize urine by adding ¼ tsp baking soda to 8 ounces of water then drink it.

Do not perform if you have a history of heart conditions or blood pressure issues as baking soda is high in sodium.

Beverages and Foods That Are Safe For Bladder Health:

- Pears
- Watermelons
- Apricots
- Papayas
- Low Acid Coffee (Lifeboost, Volcanica, Kava, Tyler's, Java Planet, etc)
- Sun-brewed Teas
- Non-citrus Herbal Teas
- Low-Acid Instant Drinks (Postum)

For Post-Void Dribbling Or If You Feel You Are Not Completely Emptying Your Bladder, Try These Tips:

1) After urinating, before standing up, contract and relax your bladder a few times OR contract and hold for 5 seconds. Then relax and let the pelvic floor drop. Try to empty again and wipe front to back.
2) After urinating, stand up, and perform a few mini squats or shake your buttocks a few times. Then sit back down, relax and let the pelvic floor drop. Try to empty again and wipe front to back.
3) Try either or both of these to help you empty your bladder better.

Resource: Herman and Wallace Pelvic Rehabilitation Institute

When Should I Call The Healing Spot For A Phone Consultation?

1) If you have any changes in your bladder function and you want to talk it over with a Specialist Pelvic Floor Physical Therapist.
2) When you have questions that haven't been answered for you.
3) When you've asked questions and they haven't been answered to your satisfaction.
4) When your instinct tells you there's just something not right and you want to talk it over with someone.
5) When your symptoms or concerns aren't getting better in the time frame you would expect them to.
6) When you have questions about your particular situation and HOW or IF physical therapy could help you.
7) Really, truthfully, anytime is a good time to call us for a Phone Consultation. We are ready and willing to answer your questions and ease your mind so you can feel better. We'd love to talk with you; if we can't help you we'll point you in the right direction of someone who can!

719-270-1123 **Offices in Woodland Park and Colorado Springs, CO**