Promoting Healthy Bladder

Urine
Urine is a waste product. Blood is filtered by the kidneys and the waste products and excess water is passes through the ureters

Maintaining Bladder Capacity
The bladder is designed to hold urine, and to stretch to accommodate the increase in volume. Like any muscle it needs to be exercised or it its ability to stretch will be decreased. Going 'just in case' therefore reduces the bladder’s ability to hold a larger amount of urine which results in more trips to the toilet.

Fluid intake
The recommended intake is 8-10 cups or glasses of fluid without caffeine in it per day. The amount of fluid taken directly influences the amount of urine passed. Restricting fluid concentrates the urine and can cause irritation and increase the desire to pass urine.
Top tip: If you are going to increase the amount of fluid do it gradually to allow your bladder to adjust

Blood in Urine
Any blood in the urine should be reported to your GP.

Promoting Healthy Bowel

Developing a regular Bowel Pattern
Eat regular meals, and respond to the urge to pass a stool as soon as possible.
Feet should be on the floor or well supported on a stool.
The toilet should be warm and private so it is possible to relax.
Allow mouth to be slightly open and the waist to widen.

Keep stools soft
Straining whilst passing hard stools can damage the rectal area
Increasing fluids, fruit, grains and pulses will help to keep stools soft. Click here for NHS advice about getting your 5 a day.

Bristol Stool Scale
This scale enables a comparison between dietary intake and stool type. If you would like a free copy of the Bristol Stool Form Scale, please email your name and address to mss@norgine.com

Changes to Bowel Pattern
Any changes to your normal bowel should be discussed with your GP.
Blood and excess mucus from the back passage can be a sign of cancer and should be also discussed with your GP.