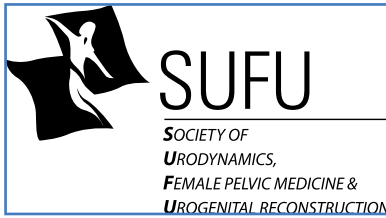


# CHANGES YOU CAN MAKE TO IMPROVE BLADDER PROBLEMS



The SUFU Foundation OAB Clinical Care Path Way

For more information on better bladder control visit:

<http://sufuorg.com/oab>

## TRACK THE AMOUNT OF LIQUID YOU PUT IN YOUR BODY



Normally, people drink and eat about 50–70 ounces of liquid a day<sup>1,2</sup>. This is roughly equal to six to eight 8-ounce glasses of liquid. Seem high? Remember, not all liquids that enter your body are through drinking. Many foods, such as fruit, oatmeal, and soups, contain liquids too. When you have bladder issues, try to stay in this range. If you do, you should create a healthy amount of urine (40–50 ounces) in a day.

If you work in hot climates or exercise a lot, your body may need more fluids. However, most of the extra will be lost through sweating, so the amount of urine you make should stay the same. Remember that even in these situations, it is very unlikely that you will need to drink more than 8 cups of fluids in a day.

**Avoid drinking too little.** Many people with bladder problems try to drink less in order to make less urine. However, this also results in more concentrated (dark yellow, strong smelling) urine that can irritate the lining of your bladder. In the end, you may actually end up needing to

go to the bathroom more frequently. Drinking too little can also cause dehydration. Do not limit your fluids to control your bladder problems unless your doctor or nurse tells you to.

**Avoid drinking too much.** Some people increase the amount they drink because they think that less concentrated urine will cause less bladder pain and discomfort. In reality, drinking too much can cause feelings of urgency and result in more frequent trips to the bathroom.

**Tip:** Do not drink large amounts at one time. Instead, sip 2 to 3 ounces every 20 to 30 minutes between meals.

## WATCH WHAT YOU EAT

Some foods and drinks can irritate the bladder and make problems worse. Try to avoid:

- Alcoholic drinks
- Caffeinated foods and drinks, such as soft drinks, coffee, tea, chocolate, and energy drinks
- Tomato-based foods and drinks
- Citrus fruits and juices
- Spicy foods
- Artificial sweeteners, such as aspartame (Equal)



## REACH & STAY AT A HEALTHY WEIGHT



Being overweight can put pressure on your bladder and pelvic floor, which may irritate the bladder and cause bladder leaks. If you are overweight, even a small amount of weight loss can help lessen bladder problems.

## KEEP HEALTHY BOWEL HABITS



Constipation can sometimes make bladder problems worse. Keeping healthy bowel habits will help you to avoid constipation and may lessen problems. To do this:

- Eat foods high in fiber, such as beans, pasta, oatmeal, bran cereal, whole wheat bread, fresh fruits, and vegetables
- Exercise
- Drink 50–70 ounces of non-irritating fluids, such as water, per day
- See your doctor if you have bowel problems

## STOP SMOKING



Cigarette smoking can irritate the bladder and also cause you to have bouts of strong coughing. Both of these can cause bladder leaks. If you stop smoking, you may reduce bladder problems and also enjoy other health benefits.

## REFERENCES

1. Sterns RH. Maintenance and replacement fluid therapy in adults. <http://www.uptodate.com/home>. Accessed March 30, 2017
2. Gomella LG, et al. Clinician's Pocket Reference. 11th ed. N.Y, N.Y.: The McGraw-Hill Companies; 2014, <http://accessmedicine.mhmedical.com/content.aspx?bookid=365&sectionid=43074918&Resultclick=2>. Accessed March 30, 2017