

Physiotherapy Service Patient Information



The Information Standard Certified Member

Information

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Advice for people with urinary problems

1. Do your **pelvic floor exercises**: (in lying / sitting / standing positions)

For endurance: pull-ups for seconds x 5 times daily*

For speed: quick pull-ups x 5 daily*

*** Wait at least 1 hour before repeating**

2. No caffeine (tea, coffee, cola, chocolate). No alcohol.

3. Drink **decaffeinated** tea/coffee/cola, water.

4. Drink 6-8 mugfuls (approx. 220-250ml each) of fluid daily, well-spaced through the day

5. **Never** rush to the loo when you are desperate. Here are some tips to be able to hang on:

- Stand still or sit down
- Cross your legs
- Press on your pelvic floor
- Tighten your pelvic muscles – hard
- Wait until urgency passes, then carry on with your activity
- Keep calm – don't panic

6. Delay going to the loo, gradually extending the time between voids, up to 4 hours by day

7. Last drink of the day not later than 1 ½ hours before you go to sleep

8. Empty your bladder immediately before you turn out the light

9. No drinks during the night

10. Try to put off passing urine during the night by a few minutes each time

11. No heavy lifting

12. Pull up your pelvic floor muscles when you cough or sneeze

13. Lean forwards with your bottom off loo every time you think you have finished passing urine and gently try again

14. Weight

You will have good days and bad days to start with, but don't give up!