

## 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](mailto: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.