

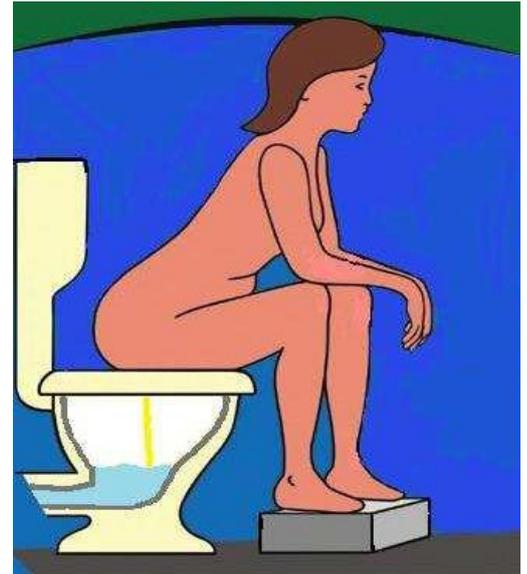


# Good Bladder Habits in Pregnancy

## Looking after your bladder

Only empty your bladder when it feels full, **not** 'just in case'.

- Empty your bladder every 3-4 hours.
- Empty your bladder 1-2 times a night at most. If you wake more than this, stop drinking three hours before bedtime.
- Drink two litres of fluid a day, or more if you are out in the heat or exercising.
- Drink slowly or you do not absorb the fluid and can still feel thirsty.
- Be careful that you do not drink too much. Four litres and above is too much.
- Drinks containing caffeine such as tea, coffee, some soft drinks, and energy drinks can make you want to go to the toilet more. Green tea, peppermint tea and rooibos tea have less caffeine.
- Water is the best drink for you and your baby.
- Take your time on the toilet. Relax your tummy, don't rush or push downwards to speed up the flow of urine. If you don't empty all of your bladder, you can get bladder infections.
- Don't hover or squat over toilet seats - always sit down so your bladder can empty fully.
- In the last three months of your pregnancy if you find you only do a small amount of urine, don't go to the toilet as much, as it is just your baby sitting on your bladder making you want to go.
- Avoid gaining too much weight during pregnancy as this will put extra pressure on your bladder (10-12kg weight gain is normal if you are approximately 168cm and your ideal weight).



## Seek help for any bladder problems such as:

- Pain or burning when urinating.
- Wetting your pants on the way to the toilet even if it is only a few drops.
- Having to run to get to the toilet.
- Wetting yourself when you cough, sneeze, laugh or during exercise.
- Having to go to the toilet to pass urine too often (more than eight times a day).

Let the antenatal clinic staff or your GP know about any of these problems so you can be checked for a bladder infection. For leakage problems and urgency problems you can be referred to the Women's Health and Continence Physiotherapist at OPH.

### **For more information:**

Trusted websites with helpful information about good bladder habits:

[www.bladderbowel.gov.au](http://www.bladderbowel.gov.au)

[www.continence.org.au](http://www.continence.org.au)

### **For other helpful tips, please see:**

- Good Bowel Habits
- Pelvic Floor Muscle Exercises

**Produced by:** Osborne Park Hospital [www.oph.health.wa.gov.au](http://www.oph.health.wa.gov.au)

OPH Physiotherapy Department Phone: 9346 8439

OPH Antenatal Clinic Phone: 9346 8010

**This document can be made available in alternative formats on request for a person with a disability.**

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