

# Tips to keep a healthy bladder



## 1. Use the bathroom often and when needed and be in a relaxed position when urinating

Make sure to fully empty the bladder in order to prevent infections.



## 2. Wipe from front to back

Women should wipe from front to back to keep gut bacteria from getting into the urethra.



## 3. Urinate after sexual intercourse

Sexual activity can move bacteria to the urethral opening. That is why it is vital to urinate shortly after sex to lower the risk of infection.



## 4. Do pelvic floor muscles exercises

Daily exercises can strengthen these muscles, which can help urine from leaking (Kegel exercises).



## 5. Wear cotton underwear

Wearing loose, cotton clothing will help keep the area around the urethra dry.



## 6. Exercise regularly

Physical activity can help prevent bladder problems, as well as constipation.



## 7. Keep a healthy weight

Avoiding overweight is important to eliminate a potential risk factor in bladder control



## 8. Drink enough water and watch what you eat

Carbonated beverages and spicy foods can worsen bladder problems.



## 9. Limit alcohol and caffeine

Cutting down on alcohol and caffeine may help reduce symptoms and prevent problems.



## 10. Quit smoking

Bladder problems are more likely among people who smoke. Smoking can also increase the risk for bladder cancer.