

# Tips for a Healthy Bladder

The bladder is controlled by the brain. You can train your bladder for better control. Learning or re-learning healthy bathroom habits is a good start.

## Bathroom Tips

### TAKE TWO (MINUTES, THAT IS)

- 1 Sit all the way down. Avoid hovering or crouching. Line the toilet seat with toilet paper if that makes it more comfortable, but consider that your wooden kitchen cutting board may have more germs than that public toilet seat, and just relax and sit down.
- 2 Sit with your legs comfortably open. You need the right alignment to expel with ease.
- 3 Relax and give yourself a much needed break.
- 4 Don't push. Pushing is straining the muscles you want to relax. Relaxing helps you go.

### ROCK AND ROLL

Use the "rock and roll" technique to empty your bladder. Once you think you have "gone" all the way, try rocking back and forth on the seat; side to side and front to back. Your bladder is like a plastic bag, if you filled the bag with water, you would need to tip it and squeeze from different directions to expel all the liquid. This is how the "rock and roll" helps your bladder; any urine caught in the crevices of the bladder walls should run right out.

### SQUEEZE BEFORE YOU SNEEZE.

Sneezing, coughing, and laughing can cause many women to leak. Try squeezing (a big pelvic floor muscle squeeze), before you sneeze or while you're coughing to gain more control. Remember to try and hold it through the last sneeze!

### STOP "JUST-IN-CASE PEEING".

When you go every chance you get, even when you don't need to, it signals to the bladder permission to go as often as it wants - even when not full. Peeing as a precaution can shrink the bladder's capacity over time. The next time you ask yourself, "Do I have to go to the bathroom?", make sure you do. If you're not sure, than wait. You'll know when you really have to go.

### POSITIVELY REINFORCE YOUR BEHAVIOR.

Take deep breaths when you feel the urgency to get to the bathroom in time. Practice pelvic floor muscle squeezes. Distract your mind by thinking hard about something else (prioritizing your "to do" list, the last 10 movies you saw, the rules of Texas Hold'Em poker...whatever works).

