

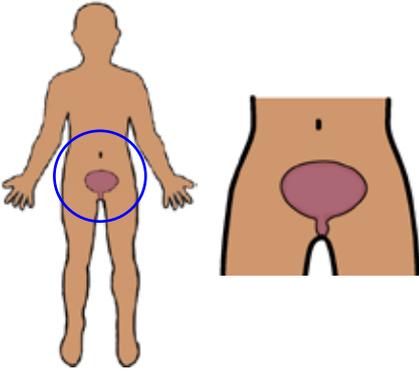
Healthy bladder and bowel habits

Continence Foundation of Australia

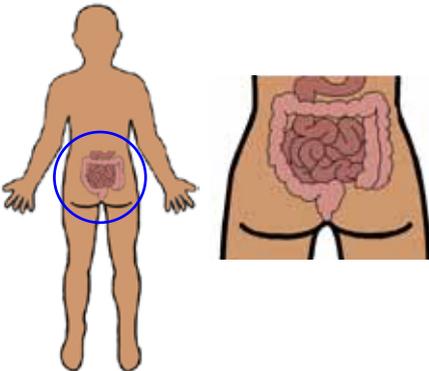


Easy English 2016

Healthy bladder and bowel habits



This factsheet is about how to keep your **bladder** and **bowel** healthy.



This factsheet has some hard words.

The first time we write a hard word it is **blue**.

We will say what the hard word means.

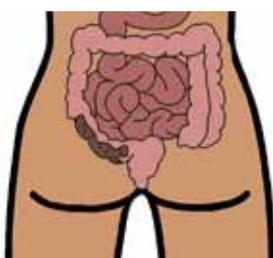
The words and pictures in this factsheet will help you learn about things in your body.

The pictures do **not** show all the detail.

What is your bladder?



Your **bladder** holds your wee until you are ready to go to the toilet.

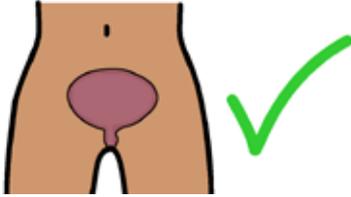


What is your bowel?

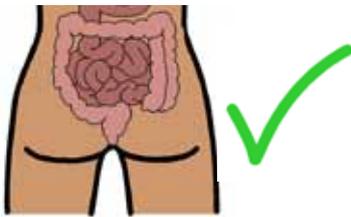
Your **bowel** holds your poo until you are ready to go to the toilet.

How to keep your bladder and bowel healthy

There are 5 **habits** that can help you



- keep your bladder healthy



- keep your bowel healthy

- control when you wee or poo.



A habit is

- easy to remember
- something you do every day
- something you do without thinking about it.

The 5 habits that can help you keep your bladder and bowel healthy are



1. Eat the right food



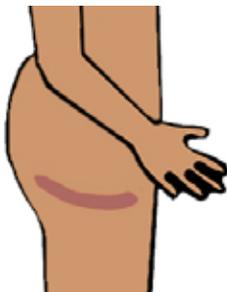
2. Drink every day



3. Exercise every day

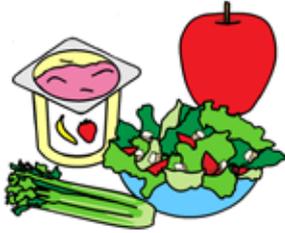


4. Have good toilet habits



5. Keep your **pelvic floor muscles** strong.

Your pelvic floor muscles support your bladder and bowel. They help you control when you wee or poo.



1. Eat the right food

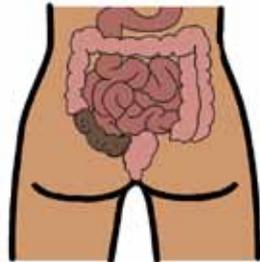
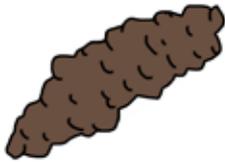
Eating the right food can help

- your body stay healthy
- stop **constipation**.



Constipation is when your poo

- is very hard
- is very lumpy
- gets stuck inside your bowel.

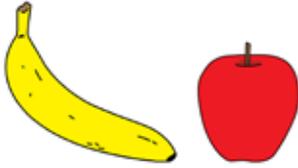


It can sometimes hurt to poo.

Eating **fibre** can

- keep your poo soft
- help stop constipation.

To get enough fibre every day, you should try to eat



- 2 serves of fruit



- 5 serves of vegetables



- 4 serves of food made from grain.
For example wholemeal bread, pasta or cereal.



Beans, nuts and seeds have a lot of fibre.

2. Drink every day



Drink **fluid** every day.

Fluid is everything you drink. Fluid includes

- milk
- juice
- soup.

The best fluid to drink is water.



Drinking fluid can help stop

- constipation

- **bladder irritability**. Bladder irritability is when you feel like you need to wee all the time.



You might also need to rush to the toilet.



You should **not** have too much

- alcohol



- sugary drinks - like soft drinks or cordial

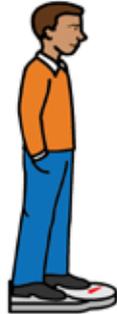


- caffeine - like coffee or energy drinks.

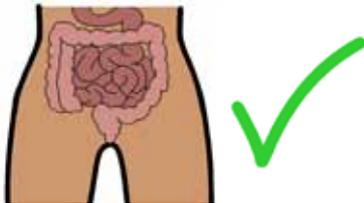


3. Exercise every day

Exercise can help keep



- your body a healthy weight



- your bowels working.



Try to exercise for 30 minutes every day.



Walking is great exercise.



4. Have good toilet habits

Wait until your bladder feels full before you do a wee.

Poo when you need to. Holding poo in can give you constipation.



Take your time on the toilet.

Sit on the toilet in the right way. Try to



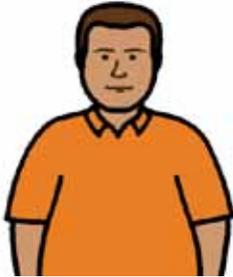
- lean forward
- put your elbows on your knees
- have your feet on a footstool if your feet do **not** touch the ground.

5. Keep your pelvic floor muscles strong

Some things can make your pelvic floor muscles weak. For example, if you



- push too hard when you do a poo



- are overweight



- cough a lot



- lift heavy things

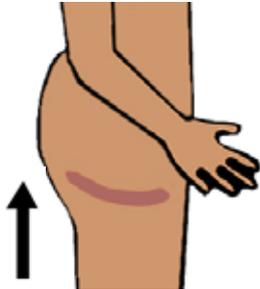
You can also have weak pelvic floor muscles if you



- are pregnant



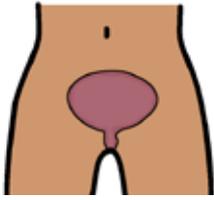
- have had a baby.



You can do exercises to keep your pelvic floor muscles strong.



See the **Pelvic floor muscle exercises** factsheet for more information.



How to tell if you have a healthy bladder

You have a healthy bladder if you wee

- 4 to 6 times each day
- no more than 1 time at night.



How to tell if you have a healthy bowel

You have a healthy bowel if you poo

- more than 2 times a week

and

- not more than 3 times a day.

Your poo is

- soft



- shaped like a sausage

- easy to push out.



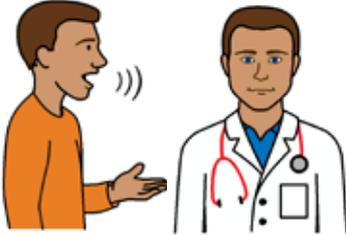
You do **not** have to rush to the toilet.

You do **not** leak wee or poo before you get to the toilet.



Where to get help

You can



- talk to your doctor



- talk to a **continence nurse**. A continence nurse can help you with bladder and bowel control problems.



- talk to a **continence physio**. A continence physio knows a lot about bladder and bowel control problems.



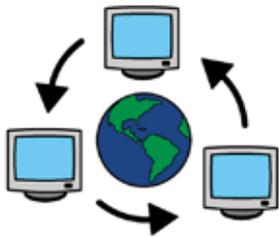
You can also call the
National Continence Helpline.



1800 330 066



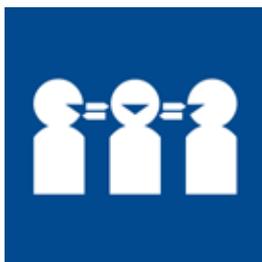
8 am – 8 pm Monday to Friday



You can get more information online at

www.continence.org.au

Do you speak another language?



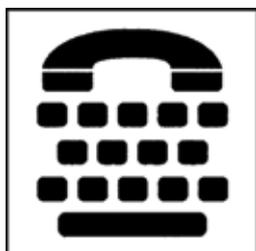
If you need an interpreter, call the Translating and Interpreting Service.



13 14 50

Ask for the National Continence Helpline.

Is hearing hard for you?



You can use TTY.



Call 1800 555 677.

Then give number 1800 330 066.

Is your speech hard to understand?



You can use the NRS Speak and Listen.



Call 1300 555 272.

Then give number 1800 330 066.

This resource has been developed with support by funding from the Australian Government under the National Continence Programme.

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