

STRATEGIES FOR IMPROVING URINARY INCONTINENCE

DIET

- Avoid caffeinated foods and drinks such as coffee, tea, chocolate and soda
- Avoid alcoholic beverages
- Avoid spicy and acidic food such as curries and chili pepper
- Avoid acidic food such as grapefruits, oranges, limes, lemons, cranberries and tomatoes
- Eat less sweets, which include honey, corn syrup and fructose
- Drink plenty of water
- Lose weight if BMI is greater than 30
- Eat a high-fiber diet to prevent or reduce constipation

EXERCISES

- Daily Pelvic Muscle Exercise (PME or Kegel)
 - Each PME consists of squeezing the pelvic muscles for 10 to 15 seconds and relaxing for 10 to 15 seconds. Some people may need to start with 3 to 5 seconds, then increase as their muscles get stronger.
 - Do not squeeze the stomach, buttocks or thigh muscles, but concentrate on just the pelvic muscles. Pelvic muscles are the muscles used to stop urine flow.
 - Repeat 50 PMEs daily and not more than 25 PMEs at once.
 - » You may notice improvement in two to four weeks, but not immediately.
 - » You may request follow-up with a continence specialist.
- Avoid heavy lifting
- Avoid running or jogging

BLADDER TRAINING

- Schedule toilet time and bladder training (urinating once every two to four hours)
- Other techniques can be taught by a therapist. Ask your provider for a referral.

MEDICATION

- Avoid certain drugs
- Ask your health care provider if you are taking any medications that affect your bladder

ASSISTIVE DEVICES

- Use an elevated toilet or commode seat
- Use a male or female urinal, or bedpan, if unable to get to toilet quickly

OTHER TIPS

- Treat constipation promptly
- Quit smoking

IF YOU HAVE THE FOLLOWING SYMPTOMS, REPORT THEM TO YOUR DOCTOR:

- Fever
- Burning or pain when urinating

General information is available from WebMD:

www.webmd.com/urinary-incontinence-oab/types-of-urinary-incontinence