



Helping you to have a healthy bladder

**Information for
patients and carers**

NHS Grampian Continence Service

What do I have to do to have a healthy bladder?



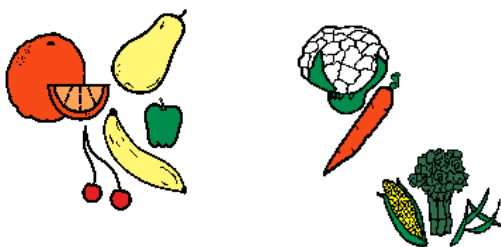
Have 8 drinks every day.



There is caffeine in tea, coffee and some fizzy drinks. Caffeine may not be good for you.



Try to drink decaffeinated tea or decaffeinated coffee or water, juice or fresh juice.



Eat 5 portions of fruit or vegetables every day.



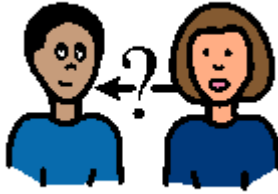
Exercise every day - walking, cycling or swimming.



Go to the toilet 3 to 8 times a day

- after snacks
- after mealtimes
- before bedtime.

Go to the toilet when you need a poo.



Ask for help from your carer or nurse if you have any problems when you go to the toilet.

This leaflet is also available in large print and on computer disk.

Other formats and languages can be supplied on request. Please call Quality Development on (01224) 554149 for a copy. Ask for leaflet 0818.

Feedback from patients and carers helped us to develop this leaflet. If you have any comments or suggestions about how we can improve this leaflet, please let us know

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