

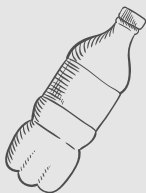
TOP 10 TIPS TO HELP WITH:

BLADDER



1 FLUID

Ensure you drink enough fluid (2 litres per day), don't reduce fluid intake thinking you will need the toilet less



2 AVOID SOME DRINKS

Avoid carbonated drinks (soda), caffeine (coffee/tea), and alcohol as they can irritate the bladder



3 AVOID CONSTIPATION

Avoid constipation as this can cause bladder problems, empty your bowels frequently



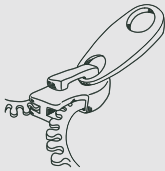
4 PLAN TOILET BREAKS

Plan regular toilet breaks to help train the bladder - slowness getting to the toilet can cause bladder problems



5 PREPARE

Make sure the bathroom, commode or urine bottle is close enough if you have mobility issues



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CLOTHES

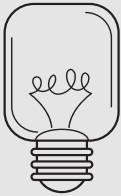
Ensure your clothing is accessible, if you struggle with buttons or zips you could have an accident with the bladder



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PADS

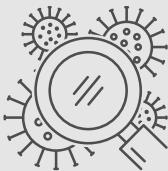
Use pads for protection and security, either at night time or during the day (change regularly if used)



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LIGHT AT NIGHT

Have low level lighting available if you need to urinate at night to prevent falls



9

INFECTIONS

Think about urine infections, especially if the person is delirious (confused, forgetful)



10

EXCLUDE CAUSES

Exclude treatable causes of bladder problems in men and women (e.g. enlarged prostate in men, stress incontinence in women)

For more information about the bladder visit:

www.africaparkinsons.org

OR

www.facebook.com/parkinsonsafrica

