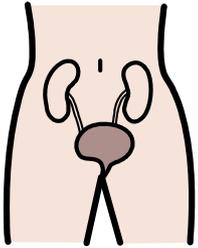
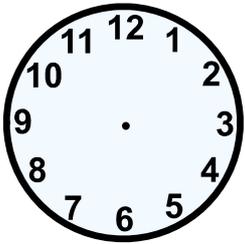


Keeping your bladder healthy



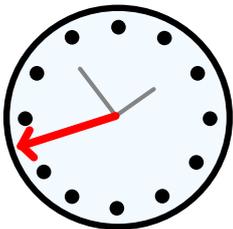
It is important to keep your bladder healthy. Your bladder is a bag of muscle inside your tummy. It stores your wee until you go to the toilet. Bladder infections (said: inn-feck-shuns) can hurt.



Go to the toilet at set times during the day. About every 3 to 4 hours is about right.



Get in a comfortable position to wee.



When you have finished, wait 20 seconds and try to wee again.



Wipe from front to back to keep clean.



Drink plenty of fluids spread throughout the day.



Do not have fizzy drinks or dark coloured squash.



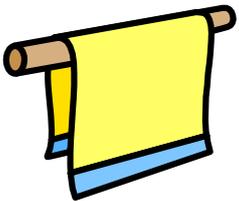
Eat plenty of fruit and vegetables to stop constipation (said: con-stee-pay-shun).



You could take a health supplement to reduce the chance of infection. They are called D-mannose and probiotics.



Wash every day using water and soap or gel with no smell.



Use your own flannel and towel.



Please ask us if you have any questions.