



### GOOD BLADDER HABITS CAN HELP IMPROVE BLADDER CONTROL

You need good bladder habits for a healthy life.

Poor bladder habits can lead to poor bladder control, and even wetting yourself. Here are some easy steps that everyone can take to keep a healthy bladder.

### HINTS TO KEEP YOUR BLADDER HEALTHY

#### Step 1 – Use good toilet habits

- It is normal to go to the toilet 4 to 8 times a day and no more than twice a night.
- Don't get into the habit of going to the toilet "just in case." Try to go to the toilet only when your bladder is full and you need to go. (Going to the toilet before you go to bed is fine).
- Take your time so that your bladder can empty. If you rush, and do not empty your bladder fully, over time, you could get a bladder infection.
- Women should sit to go to the toilet. Do not hover over the toilet seat.

#### Step 2 – Keep good bowel habits

- Eat lots of fruits and vegetables and stay active to keep your bowels regular.
- Do not strain when using your bowels as this can weaken your pelvic floor muscles (the muscles that help your bladder and bowel control).

#### Step 3 – Drink plenty of water

- Drink 1.5 - 2 litres of fluid each day unless your doctor says this is not okay.
- Cut down on how much caffeine and alcohol you drink. These may upset your bladder. Do not drink too much coffee, tea or cola. Instant coffee has less caffeine than brewed coffee. Tea has less caffeine than coffee.

### 良好的排尿習慣有助於改善排尿控制

你需要良好的排尿習慣才有健康的生活。

不好的排尿習慣會導致欠佳的排尿控制，甚至會尿濕褲子。每個人都能通過以下一些簡單步驟保持膀胱健康。

### 保持膀胱健康的提示

#### 步驟1——養成良好的如廁習慣

- 正常來說，每日上廁所的次數為4至8次，而夜晚則不超過2次。
- 不要養成為了“以防萬一”而去廁所的習慣。盡量在你的膀胱脹滿，需要去廁所時才去。（睡覺前可以去廁所）。
- 要有足夠的時間排空膀胱。如果你匆匆忙忙，不將膀胱完全排空，日積月累，你可能會患膀胱感染。
- 女性要坐下如廁。不要以半站的姿勢如廁。

#### 步驟2——保持良好的大便習慣

- 要吃大量水果蔬菜，並且經常運動以保持大便正常。
- 大便時不要太用力，因為這會令你的骨盆底肌肉（幫助你控制大小便的肌肉）變弱。

#### 步驟3——大量喝水

- 每天飲用1.5—2升液體，除非你的醫生告訴你不能這樣。
- 減少咖啡因及酒精攝入量。這些飲料會影響膀胱功能。不要喝太多咖啡，茶或可樂。即溶咖啡含咖啡因比需要煮的咖啡少。茶葉含咖啡因比咖啡少。





### Step 4 – Look after your pelvic floor muscles

- Keep your pelvic floor muscles strong with pelvic floor muscle training.
- You can get a Pelvic Floor Muscle Training leaflet for Men, or for Women.
- See your doctor, physiotherapist or continence nurse to check that you are training your muscles the right way.

### Step 5 – Seek help from your doctor, physiotherapist or continence nurse if you:

- wet yourself, even a few drops, when you cough, sneeze, laugh, stand, lift or do sports or other activity;
- have an urgent need to pass urine, have a strong feeling of not being able to hold on, or often don't get to the toilet in time;
- pass small amounts of urine, often and regularly. That is more than 8 times per day in small amounts (less than about what a tea cup holds);
- have to get up more than twice in the night to pass urine;
- wet the bed over the age of five years;
- have trouble starting your stream of urine, or have a stream that stops and starts instead of a smooth flow;
- strain to pass urine;
- feel that your bladder is not empty when you have passed urine;
- have burning or pain while passing urine;
- have to give up things you enjoy like walking, aerobics or dancing because of poor bladder or bowel control; or
- have any change in your regular bladder habits that you are worried about.

### 步驟4——好好保護你的骨盆底肌肉

- 透過骨盆底肌肉鍛練，保持骨盆底肌肉強壯。
- 你可以索取供男性或女性進行骨盆底肌肉鍛練的資料單張。
- 去見你的醫生，理療師或排便科護士，確定你在以正確的方式鍛練你的肌肉。

### 步驟5——如果你有以下問題，就要向醫生，理療師或排便科護士尋求幫助：

- 當你咳嗽、打噴嚏、大笑、站立、提舉東西或做運動或其他活動時尿濕褲子，即使只是幾滴；
- 尿急，感覺完全無法忍尿，或者經常等不及到廁所就已經排尿了；
- 經常習慣性地排少量的尿。也就是每日有超過8次排量少的小便（少於大概一個茶杯的容量）；
- 夜晚需要起床小便2次以上；
- 5歲後仍然尿床；
- 開始排尿時有困難，或者排尿時斷斷續續，而非順暢地排出；
- 要用力才能排尿；
- 小便之後感覺膀胱未排空；
- 小便時有灼熱或疼痛；
- 由於欠佳的排尿或大便控制，而不得不放棄你喜歡的活動，如散步、有氧運動或跳舞；或者
- 正常的排尿習慣改變，令你擔憂。





An Australian Government Initiative

## GOOD BLADDER HABITS FOR EVERYONE

每個人都應有的良好排尿習慣

### SEEK HELP

Qualified nurses are available if you call the National Continence Helpline on 1800 33 00 66\* (Monday to Friday, between 8.00am to 8.00pm Australian Eastern Standard Time) for free:

- Information;
- Advice; and
- Leaflets.

If you have difficulty speaking or understanding English you can access the Helpline through the free Telephone Interpreter Service on 13 14 50. The phone will be answered in English, so please name the language you speak and wait on the phone. You will be connected to an interpreter who speaks your language. Tell the interpreter you wish to call the National Continence Helpline on 1800 33 00 66. Wait on the phone to be connected and the interpreter will assist you to speak with a continence nurse advisor. All calls are confidential.

Visit [bladderbowel.gov.au](http://bladderbowel.gov.au) or [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Calls from mobile telephones are charged at applicable rates.

### 尋求幫助

如果你致電國家排便節制熱線，有資質的護士會接聽你的電話1800 33 00 66\*（週一至週五，澳大利亞東部標準時間8:00am—8:00pm）。

- 信息；
- 建議；及
- 資料單張。

如果你在講英語或者理解上有困難，你可以透過撥打13 14 50獲取免費電話傳譯服務以接通國家排便節制熱線。電話會用英語接通，因此請說明你要講的語言並且不要掛機。你會被連接到一個講你母語的傳譯員。告知傳譯員你想要致電國家排便節制熱線，電話是1800 33 00 66。待電話接通後傳譯員會幫助你與排便節制護理顧問對話，所有的來電均保密。

請登陸：[bladderbowel.gov.au](http://bladderbowel.gov.au)或者[continence.org.au/other-languages](http://continence.org.au/other-languages)

\* 用手機打出會收取相應費用。

