



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.

NA NIËC ALËËC NIËC KA LËU BA LAC NIËC YA GUUM

Apath ba alëëc njiec njieëc rin pïr ke pial guöp.

Na kuöc alëëc njieëc ka lëu ba thar ya thiu, ku a lëu ba rot ya läc. Kuany dhöl kä yiic bïn aläny du njiec njieëc rin ba rot cï ye läc ku cï thar yi thiu.

DHËL BÏ YÏN ALËNYDU NIËC NIËC

Dhël-tök – Dic kaam ë laac njieëc

- A cë rac bë raan laac kën yic njuan yet bët kööl tök yic ku kën yic rou wær yic.
- Duk lac ye col. Ye laac tē nēk lac yīin. (A cë rac ba laac them tē le yīn nin).
- Päl rot tē læc yīn rin bë alëëc yic thök. Na räu lac, ku læc tæm alæc yic, ka la run röt juak, ka kën a lëu bï yiën tuany alæc.
- Diäär aa dhil nyuc tē læc kek. Du cööp pakäna nhom tē læc yīn.

Dhël-Rou - Dic alëëc njieëc

- Ye cam mïth tiim ku liëëm ku ye rot rïl rin bë aläny du rëel puol.
- Duk læc ye col tē læc yīn rin lëu bïn acuek lac dök nyīn (acuek wën yī col a rot lac tē mec tēn laac).

Dhël-Diäk – Ye dek piu juëc

- Ye bïny ka dhetem yet bët kööl tök yic dek tē këc akīm yī pëen ba cï ye dek piu juëc.
- Tek cäi ku muön ye dek yiic. Cäi wälä möu a lëu bï gäm tuany alëëc. Duk bun, cäi, wälä kola dīt tet ye dek. Bun ye çoc cë guur a koor kape de tē thöön yīn yeen ke bun ye guur baai. Kape cäi a wër kape bun.





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.

Dhël-NUan – Ye acuek kuun anjuum njiec muk nhïim

- Ye acuek kuun anjuum piöc duëny rin bik riël.
- A lëu ba athör yi lëk tē bin acuek anjuum ya duääny thïn cē gōt tēn rōör wälä diäär yök.
- Lor tēnē akimdu, raan duun yi duääny wälä akuanyakim ē thiu thar rin ba njic lon yïn acuek kuun anjuum njiec duääny.

Dhël-Dhiëc – wïc kuöny tēn akimdu, raan duun yi duääny wälä akuanyakim ē thiu thar tē:

- Yïn rot läc, cök a liikkä, tē yool yïn, tiim yïn, del yïn, jot yïn rot, jot yïn kē thiek wälä tē tuuk yïn tuk koc rïir gup wälä tē looi yïn kuat kē rïr yi guöp;
- Ye lac yi cuöön, ye yïn diær ciët yi cē yön laac bē dööt wälä tē ye yïn yön laac dääk;
- Ye yïn laac tuet, ku ye laac mēn ku mēn. Tē ye yïn laac thiu arak wär 8 kööl tök yic (læc reen biny cäi bur cök);
- Ye yïn rot jot arak wär 2 wär tök yic ba la laac;
- Ye yïn laac yöt ka yi cē run ka dhiëc waan;
- Cï læc ye lac bēn tē le yïn laac, wälä yekä bēn ku teem kã ka alëëc nuot këc yic thök;
- Ye læc göök tē læc yïn;
- Ye yïn rot yök ciët yi këc thök laac cökalon cïn yen læc ben bēn bei;
- Ye yi reem juny yi lac;
- Cïn muöl cäth, tuk wälä diër rin yïn rot läc;
- Leŋ yïn kēn yi diir biäk aläny du rin yen rot lac looi.





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 or continence.org.au/other-languages

* Calls from mobile telephones are charged at applicable rates.

WÏC KUÛONY

Mathaat akim ci pioc abii to na yi ayup telepun Kuony Baai kak thiu thar ee nimra kenec tok, bet, gueu, diak, diak, gueu, dhetem, dhetem*/ 1800 33 00 66* (akol Tok agut akol Dhiac ee Laatic (Monday- Friday) kaam thaa bet nhiak-duur (8am) ku thaa bet theei (8pm) ee thaa koc Australia cien Ciien) aye gam koc abec:

- Lek/Wel;
- Weet; ku
- Athor thiin e lek.

Na yin acie njec jam thon English apieth ka yin aleu ba telpun luoi ye koc Kuony wer thokic yuop. Col nimra kene tok diak, tok, nuan, dhiec/13 14 50. Tuenic, abi raan kon dhuk nom ee thon English, luel thonduon ee yin jam ku tiest ee telepunic. Yin abi tuom thok kek raan koc waar thook/duwer jam thuchdu, ku jal kek lek wetduon wic ee yin koc Baai Kuony Kak thiu thar yuop ee nimra kenec tok, bet, gueu, diak, diak, gueu, dhetem, dhetem/ 1800 33 00 66. Tiest ee telepunic ku bi yi gam ku duwer abi kony ba jam kek mathaat akim koc lek. Telepun duwer aye koc yup thin abec/majan ee rin cin en weu ye wic tene yin. Kek wel eben aye thiaan yiic.

Nem thiolnyin eet bladderbowel.gov.au wule continence.org.au/other-languages (thok-thok koc yiic)

* Yup mobaalic ee weu cam tecit cot baai eten.

