



**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.

**CAADADA WANAAGSAN EE KAADI HEYSTA AYAA CAAWIN KARTA HAGAAJINTA KONTAROOKKA KAADIHEYSTA**

Waxaad u baahan tahay caadada wanaagsan ee kaadi heysta si aad u yeelato nolol caafimaad leh.

Caadada xun ee kaadi heysta waxay horseedi kartaa kontoroolka xun ee kaadi heysta, iyo xitaa inaad isqoyso. Halkan waxaa ah waxoogaa ah talloobooyin sahlan oo qof waliba uu raaci karo si uu u yeesho kaadi heys caafimaad qabta.

**TALLOOYINKA AAD ILAALINEYSO SI AAD U YEELATO KAADI HAYS CAAFIMAAD QABTA**

**Tallaabo 1 – isticmaal caadada wanaagsan ee musqusha**

- Waa caadi inaad musqusha aado 4 ilaa 8 jeer maalintii habeenkiina wax ka badan laba jeer ma leh.
- Ha yeelan dabeecada ah aadida musqusha "lacala haddii aad" isku-dayd inaad musqusha aado oo kaliya haddii ay kaadi haystaado buuxdo oo aad u baahan tahay inaad aado. (Aadida musqusha ka hor intaadan sariirta aadin waa fiican tahay).
- Wakhtigaaga qaado si kaadi heystaadu u faaruqdo. Haddii aad degdegtid oo aadan u faaruqin kaadi heystaada si buuxda, wakhti ka dib waxaa laga yaabaa inuu kugu dhaco infekshinka kaadi heysta.
- Dumarku waa inay fadhiistaan si ay musqusha u galaan, ha dul istaagin musqusha kursigeeda.

**Tallaabada 2 – Yeelo caadada wanaagsan ee caloosha**

- Cun miro(furuut) iyo khudaar fara badan ahowna mid firfircoon si aad calooshaada caadi uga dhigtid.
- Wax culays ah ha saarin markaad isticmaaleysid calooshaada maadaama tani ay daciifin karto muruqyada sagxada miskaha (muruqyada caawiya kaadi heysta iyo kontoroolka caloosha).

**Tallaabo 3 – Cab biyo fara badan**

- Cab 1.5 – 2 oo litir maalintii ilaa dhakhtarkaagu kaaga diido.
- Yaree inta kafeynta ah iyo aalkolada aad cabto. Tan waxaa laga yaabaa inay kuwani qasaan kaadi heystaada. Ha cabin kafee fara badan, shaah ama kokakola. Kafeega markiiba la sameeyo wuxuu leeyahay kafee ka yar kan la dubay. Shaahuna wuxuu leeyahay kafeyn ka yar kafeega.





#### 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.

#### Tallaabo 4 – dhawr muruqyada sagxada miskahaaga

- Ku ilaali muruqyada sagxada miskahaaga kuwo xooggan tababarka muruqyada salka miskaha.
- Waxaad heli kartaa warqada tababarka Muruqyada salka miskaha ee raga, ama dumarka.
- Arag dhakhtarkaaga, dabiici-ku-daaweyn ama kalkaalisada xejinta kaadida iyo saxarada si aad u hubiso inaad u tababareyso muruqyadaada si sax ah.

#### Tallaabo 5 – Ka doono caawimaad dhakhtarkaaga, dabiici-ku-daaweyn ama kalkaalisada xejinta kaadida iyo saxarada haddii aad:

- Isqoyso adigu, xitaa dhawr dhibcood, markaad qufacdo, hindhisto, qososho, istaagto, qaado ama aad ciyaarayso ama waxqabad kale;
- Leedahay baahi degdeg ah si aad u kaadido, aad qabto dareen xoogan oo aadan ku ceshan karin ama aadan badanaa ku gaadhin musqusha wakhtigeedii;
- Kaa timaado wax yar oo kaadi ah, badanaa iyo si joogta ah taas oo ah 8 jeer wax ka badan maalintii qadar yar (wax ka yar waxa uu qaado koobka shaaha);
- Tooseyso wax ka badan laba jeer habeenkii si aad u kaadid;
- Qoysid sariirta ilaa da'da ah shan sanno;
- Dhib kala kulanto bilaabida kaadida, ama aad leedahay socodka kaadida oo istaaga oo bilaabma meeshii uu si aan hakad lahayn ay kaaga iman lahayd;
- Leedahay adkaansho ah xagga kaadinta;
- Dareemeyso inaysan kaadi heystaadu faaruq ahayn ka dib markaad kaadidey;
- Leedahay gubasho ama xanuun markaad kaajeyso;
- Iskadeyso waxyaalaha aad ka hesho sameyntooda sida socodka, ciyaaraha fudud ama qoob ka ciyaarka sida kaadi heys xun ama kontoroolka caloosha; ama
- Leedahay wax isbedel ah oo ah caadada joogtada ah ee kaadi heysta ee aad ka welwelsan tahay.





## 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.

## RAADI CAAWIMO

Waxaa la heli karaa kalkaaliso caafimaad oo aqoon leh haddii aad wacdo Khadka caawimada Celinta Saxarada Qaranka tel: 1800 33 00 66\* (Isniinta ilaa Jimcaha, inta u dhexaysa 8.00 subaxii ilaa 8.00 fiidkii Waqtiga Bariga Australia) lacag la'aan.

- Macluumaad;
- Talo; iyo
- Xaashiyaha.

Haddii aad dhibaato ku qabto ku hadalka afka Ingiriiska ama fahamka waxaad raadsan kartaa Khadka Caawimada ee Adeega Afcelinta Telefoonka oo ah 13 14 50. Telefoonka waxaa lagaga jawaabi doonaa Ingiriis, sidaas darteed magacaw afka aad ku hadasho kuna sug telefoonka. Waxaa lagugu xiri doona mutarjum ku hadla afkaaga. U sheeg mutarjumka inaad doonayso inaad Khadka Caawimada Celinta Saxarada Qaranka oo ah 1800 33 00 66. Ku sug telefoonka in lagugu xiri waxaana ku caawimi doona mutarjum si aad ula hadasho Lataliyaha Kalkaalisada caafimaadka. Dhamaan wicidu waa qarsoodi.

Booqo websaytka [bladderbowel.gov.au](http://bladderbowel.gov.au) ama [continence.org.au/other-languages](http://continence.org.au/other-languages)

\* Telefoonada laga soo diro telefoonka waxaa la iska qaada qiima aad sarreeya.