

# Good Bladder Habits



The Geriatric Medicine service provides inpatient and outpatient specialist care to older persons aged 75 years and above. Specialist assessment and individualised holistic management are offered to elderly with bladder and bowel-control problems, memory, mood and behavioural problems and multiple falls or difficulty walking. Patients are cared for by a multi-disciplinary team comprising doctors, nurses, physiotherapists, occupational therapists, speech therapists, dietitians, pharmacists, podiatrists and medical social workers, where necessary.

Poor bladder habits can lead to a loss of bladder control.

An adult bladder can hold between 300 to 500 milliliters of urine before it needs to be emptied. It is normal to pass urine 4 to 6 times during the day and perhaps once at night.

Urine should flow easily and in a steady stream until the bladder is empty.



## Good bladder habits

### Maintain good fluid intake

- Try to drink at least 6 to 8 glasses (1.5 to 2 litres) of fluid a day unless otherwise advised by your doctor.
- Limit the amount of caffeine you drink. Do not drink too much coffee, tea and cola.
- Limit the amount of alcohol you drink as this can increase your urine production. Alcohol also makes it difficult for your brain to coordinate your bladder control.



### **Practice good toilet habits**

- Take your time to empty your bladder.
- Make sure you empty your bladder completely each time you pass urine.
- Avoid going to the toilet “just in case” as this tends to result in the bladder developing a smaller capacity. Try to go only when your bladder is full. However, emptying your bladder before bedtime is fine.

### **Maintain good bowel habits**

- Include fibre in your diet and exercise regularly to prevent constipation that can lead to poor bladder control.

### **Look after your pelvic floor muscles**

- Keep the tone in your pelvic floor muscles with regular exercise.
- Maintain a healthy weight range. Being overweight means your pelvic floor muscles carry an extra load.



Seek help if you encounter any difficulty with the above.

## **Signs of poor bladder control**

- An urgent need to pass urine and unable to hold the bladder.
- Difficulty getting the urine stream started or a urine stream that stops and starts instead of flowing smoothly.
- Bed wetting.
- Blood in your urine.
- Leakage of urine.

- Leaking urine when you cannot get to the toilet in time.
- Leaking urine when you cough, sneeze, laugh or change position.
- Passing urine more frequently, more than 8 times a day.

Bladder control problems are treatable. Seek help if you have any of the above mentioned problems.

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

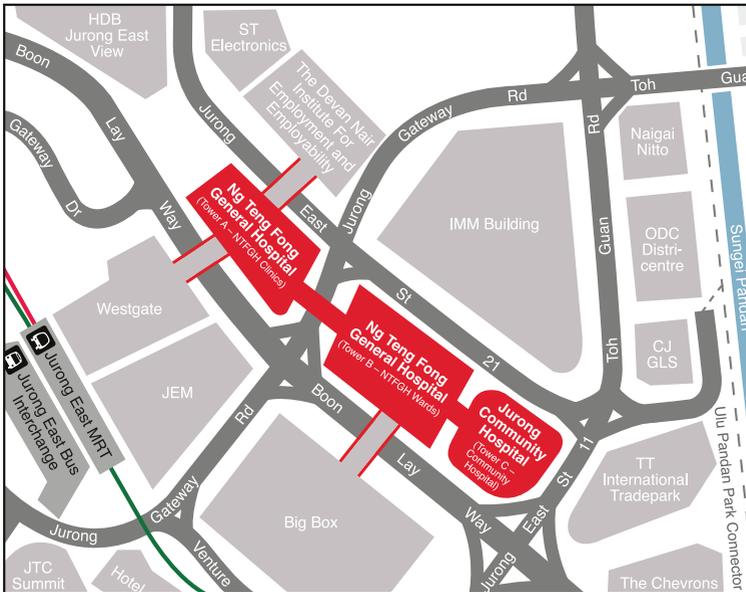
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or medical condition. Information is accurate at the time of printing.