

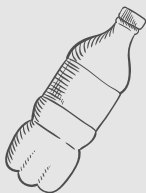
# TOP 10 TIPS TO HELP WITH:

## BLADDER



### 1 FLUID

Ensure you drink enough fluid (2 litres per day), don't reduce fluid intake thinking you will need the toilet less



### 2 AVOID SOME DRINKS

Avoid carbonated drinks (soda), caffeine (coffee/tea), and alcohol as they can irritate the bladder



### 3 AVOID CONSTIPATION

Avoid constipation as this can cause bladder problems, empty your bowels frequently



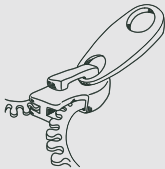
### 4 PLAN TOILET BREAKS

Plan regular toilet breaks to help train the bladder - slowness getting to the toilet can cause bladder problems



### 5 PREPARE

Make sure the bathroom, commode or urine bottle is close enough if you have mobility issues



## 6 CLOTHES

Ensure your clothing is accessible, if you struggle with buttons or zips you could have an accident with the bladder



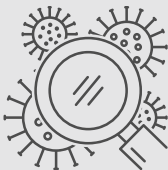
## 7 PADS

Use pads for protection and security, either at night time or during the day (change regularly if used)



## 8 LIGHT AT NIGHT

Have low level lighting available if you need to urinate at night to prevent falls



## 9 INFECTIONS

Think about urine infections, especially if the person is delirious (confused, forgetful)



## 10 EXCLUDE CAUSES

Exclude treatable causes of bladder problems in men and women (e.g. enlarged prostate in men, stress incontinence in women)

For more information about the bladder visit:

[www.africaparkinsons.org](http://www.africaparkinsons.org)

OR

[www.facebook.com/parkinsonsafrica](https://www.facebook.com/parkinsonsafrica)

