

## HEALTHY BLADDER AND BOWELS – FLUID ADVICE

It is important to maintain a healthy bladder and bowel for general good health and wellbeing. A large factor in this is the amount and type of fluid that you drink.

A general guide is that an adult should drink around 1500-2000mls of fluid per 24 hours.

It is important to drink this throughout a 24 hour period spreading the amount of fluid throughout the day rather than have a large amount at one time. By doing this you will be proactively looking after your bladder and bowel.

A healthy bladder should empty between 4-8 times in 24 hours. Urine should be almost straw coloured, if yellow or darker you need to drink more.

A healthy bowel should empty no more than three times a day and no less than twice a week but remember everyone has their own bowel pattern. Seek help from your GP if your own bowel habit changes.

## FLUIDS THAT ARE GOOD FOR YOUR BLADDER AND BOWELS



- *Water*
- *Milk*
- *Diluted cordial /squash drinks*
- *Decaffeinated Tea and Coffee*
- *Fruity and herbal teas*

## FLUIDS THAT MAY AGGRAVATE YOUR BLADDER AND BOWELS



- *Tea*
- *Coffee*
- *Green Tea*
- *Fizzy drinks including sparkling water*
- *Energy drinks*
- *Hot Chocolate*

Caffeine can irritate the lining of the bladder causing urinary and faecal urgency and frequency with possible urge incontinence, due to overstimulation of the bladder and bowel.

Caffeine is also a diuretic which can cause increased frequency of the bladder.

Not drinking enough fluid can cause constipation and can irritate the bladder causing urgency and frequency.



**Changing the amount and type of fluids we drink can result in a healthy bladder and bowel and aid individuals to gain control of their bladder and bowel enhancing quality of life**

If you would like further information please contact Bladder and Bowel UK National Helpline on 0161 607 8219 for a confidential and discreet discussion or email [bladderandboweluk@disabledliving.co.uk](mailto:bladderandboweluk@disabledliving.co.uk)