

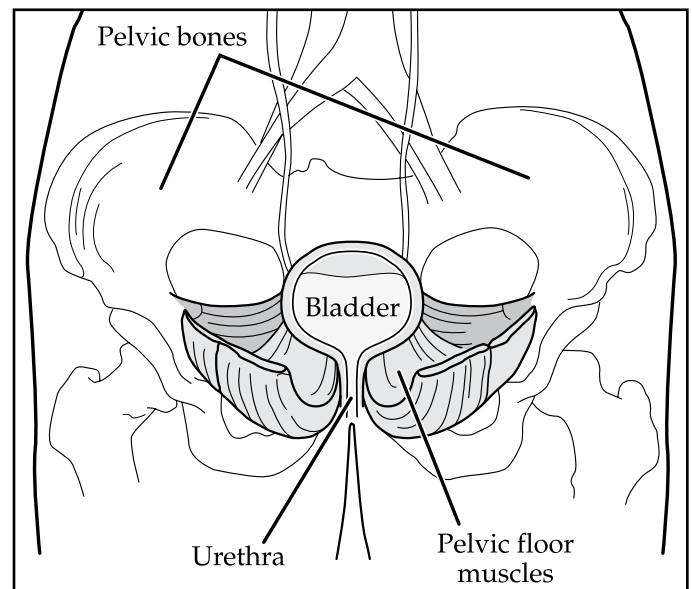
Bladder Health

‘Normal’ Bladder

- The average number of times a person has to urinate in one full day is 6 to 8 times.
- A person should not strain or push to urinate.
- Urinating should not cause pain or discomfort. Urine should flow in a steady stream.
- An urge to go is a feeling caused by the bladder filling with urine.

Good Bladder Habits

- Only go to the bathroom when your bladder is full.
- Take your time when you empty your bladder.
- Don’t strain or push.
- Empty your bladder fully.
- Don’t wait more than 4 hours between urinating.
- Don’t go to the bathroom “just in case” or more often than every 2 hours.
- You can control the urge to go.



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The bladder is surrounded on both sides by pelvic floor muscles.

Tips for Good Bladder Habits

- Drink four to eight 8-ounce glasses of liquid every day. Follow your health care provider’s directions if you have any restrictions.
- Limiting how much you drink may cause a change in urine color and odor.
- Limit the caffeine (coffee, tea, soda, chocolate) and citrus (oranges, lemons) you have each day. They can increase your urge to go and how often you need to go.
- Limit the amount of alcohol you drink each day. Alcohol causes your body to make extra urine and affects your bladder control.