

Lifestyle Changes to Make

General Information

The following will help you have better control of your bladder and digestive system.

Liquids to Drink

- Drink 6 to 8 glasses of liquids that do not have caffeine each day (unless your doctor has you on fluid restrictions).
- Limit beverages that have caffeine to _____ each day.

How to Prevent Diarrhea or Constipation

■ Liquids

- Drink liquids during the day.
- Add lemon or lime slices to water, or drink diluted fruit juices for variety.
- Do not drink soft drinks, energy drinks or sugary beverages.
- Do not drink alcohol.
- Do not drink coffee or tea.

■ Foods to eat

- pears, berries, apricots, fresh greens, fiber, vegetables and yogurt

■ Foods not to eat

- dairy, breads, grains, apples, bananas and ice cream

■ Vitamins or supplements to consider taking

- magnesium
- vitamin C.

Talk with your doctor before you start taking any vitamins, supplements or natural products.

Do Abdomen (Belly) Massage

- Drink 2 cups of water.
- Lie down.
- You can do the massage over your clothes.
- Put your hand on your lower right abdomen.
- Use gentle pressure and massage in a clockwise direction around your entire abdomen.
- Use your entire hand, not just your fingers.
- Stop if you feel pain.
- Do the massage for 2 to 3 minutes.
- Do this _____ times every day.

How to Prevent Urgency and Frequency

- Avoid liquids and foods high in acid:
 - orange juice, lemonade, green tea, lemon tea, tomato juice
 - marinara sauce, citrus fruits
- Avoid these foods at night or later in the day.

Breathe From Your Diaphragm

- Put one hand on your stomach and the other one on your chest.
- Take a breath in.
- Watch your hand rise on your stomach.
- Breathe out.
- Watch the hand on your stomach sink toward your spine.
- Do this for _____ minutes.
- Do this _____ times a day.

Move or Get Exercise

- Exercise every day for _____ minutes.
- Good choices are:
 - biking
 - walking program
 - marching (seated or standing)
 - heel slides.