STRATEGIES FOR IMPROVING URINARY INCONTINENCE

DIET
• Avoid caffeinated foods and drinks such as coffee, tea, chocolate and soda
• Avoid alcoholic beverages
• Avoid spicy and acidic food such as curries and chili pepper
• Avoid acidic food such as grapefruits, oranges, limes, lemons, cranberries and tomatoes
• Eat less sweets, which include honey, corn syrup and fructose
• Drink plenty of water
• Lose weight if BMI is greater than 30
• Eat a high-fiber diet to prevent or reduce constipation

EXERCISES
• Daily Pelvic Muscle Exercise (PME or Kegel)
  • Each PME consists of squeezing the pelvic muscles for 10 to 15 seconds and relaxing for 10 to 15 seconds. Some people may need to start with 3 to 5 seconds, then increase as their muscles get stronger.
  • Do not squeeze the stomach, buttocks or thigh muscles, but concentrate on just the pelvic muscles. Pelvic muscles are the muscles used to stop urine flow.
  • Repeat 50 PMEs daily and not more than 25 PMEs at once.
    » You may notice improvement in two to four weeks, but not immediately.
    » You may request follow-up with a continence specialist.
• Avoid heavy lifting
• Avoid running or jogging

BLADDER TRAINING
• Schedule toilet time and bladder training (urinating once every two to four hours)
• Other techniques can be taught by a therapist. Ask your provider for a referral.

MEDICATION
• Avoid certain drugs
• Ask your health care provider if you are taking any medications that affect your bladder

ASSISTIVE DEVICES
• Use an elevated toilet or commode seat
• Use a male or female urinal, or bedpan, if unable to get to toilet quickly

OTHER TIPS
• Treat constipation promptly
• Quit smoking

IF YOU HAVE THE FOLLOWING SYMPTOMS, REPORT THEM TO YOUR DOCTOR:
• Fever
• Burning or pain when urinating

General information is available from WebMD:
www.webmd.com/urinary-incontinence-oab/types-of-urinary-incontinence