



Bladder-Friendly Everyday Habits™

Support bladder comfort with practical habits that work together.



Bladder needs vary. Begin with one or two habits, notice your response and avoid making several restrictive changes at once.

1

Drink Steadily



- ☐ Sip fluids across the day.
- ☐ Avoid drinking very large amounts at once.
- ☐ Let thirst, weather, activity and health needs guide you.

Too little fluid can make urine concentrated and irritating.

2

Notice Drink Triggers



- ☐ Track whether caffeine affects urgency.
- ☐ Notice alcohol, carbonation or acidic drinks.
- ☐ Test one possible trigger at a time.

A food or drink is only a useful target if it affects your symptoms.

3

Use a Comfortable Bathroom Rhythm



- ☐ Respond to a normal urge when practical.
- ☐ Avoid going repeatedly 'just in case.'
- ☐ Do not delay until the urge becomes painful.

Aim for a rhythm that is neither rushed nor overly frequent.

4

Sit & Empty Gently



- ☐ Sit fully rather than hovering.
- ☐ Relax your jaw, belly and pelvic floor.
- ☐ Allow time without pushing or straining.

Rocking gently or taking a second breath may help you relax.

5

Support Regular Bowel Movements



- ☐ Notice constipation or hard stools.
- ☐ Build fluids, fiber and movement gradually.
- ☐ Avoid repeated straining.

A full bowel can increase pressure on the bladder and pelvic floor.

6

Move & Strengthen Appropriately



- ☐ Include comfortable daily movement.
- ☐ Exhale with lifting or effort.
- ☐ Ask for assessment if leakage, pain or pressure continues.

Pelvic-floor support may involve strength, relaxation or coordination.

If Nighttime Trips Are the Problem



Spread fluids earlier



Notice late-evening drinks



Review leg swelling



Discuss sleep, medications or health conditions

Do not sharply restrict fluids. Nighttime urination can have several causes beyond the bladder.

My One-Week Experiment

Habit I will try: _____

What I hope to notice: _____

After one week: ☐ Helpful ☐ No clear change ☐ Symptoms worsened



Bladder habits can support comfort, but they do not replace evaluation for persistent, painful or changing symptoms.



Gentle Reminder

There is no single perfect fluid amount or bathroom schedule for every woman. Your health conditions and medications may change what is appropriate.

Martine's Midlife Wellness Tip

Choose one habit that feels easy enough to repeat. Small experiments reveal more than changing your entire routine overnight.



Seek prompt medical care for blood in urine, fever with urinary symptoms, severe back or pelvic pain, vomiting or difficulty passing urine.