



What Is Normal?

- The bladder can hold approximately **400-600mL (1.5-2.5 cups)** of urine.
- Empty bladder **5-7 times per 24 hours**, waking 0-1 times per night.
- Urine should flow in a steady stream** (approximately 10-15 seconds of steady stream for full bladder), until the bladder is empty. No pushing or straining is needed to empty the bladder.

Emptying Your Bladder

- The **urge to urinate is a small contraction of the bladder muscle that is generated as the bladder stretches to fill**. Urges can be felt even if the bladder is NOT full. Urges are only a signal and can be controlled. The first urge occurs when the bladder is only 1/3 full. The urge can feel stronger in relationship to anxiety/nervousness, stress, or fear.
- Do not rush when using the toilet.** Sit on the seat (no hovering!) to help pelvic floor muscles relax. Allow bladder to empty fully; do not strain or push.
- Avoid constantly ignoring your bladder** or waiting longer than 4 hours between toileting. This can decrease your urge sensitivity.
- Avoid "just in case" bathroom trips** and/or emptying more often than every 2 hours.

Stay Hydrated

- Most people should drink **half their body weight in ounces** (or at least 64 ounces of fluid per day), half of which should be plain water.
- Spacing fluid intake throughout the day** can help improve urinary frequency and urgency.
- Increased frequency and urgency can be caused by bladder irritants:** caffeine (chocolate, coffee, tea, and cola), carbonated drinks, citrus fruits, spicy foods, alcohol, apples/apple juice, artificial sweeteners, chilies, corn syrup, sugar, honey, cantaloupe, cranberries, grapes, guava, peaches, plums, strawberries, milk and dairy products, tomatoes and tomato-based products, vitamin B complex, vinegar.
- Proper hydration** helps to prevent constipation.