



Pelvic Floor and the Bladder

urogynaecology patient
information

How strong is your pelvic floor?

The pelvic muscles in women are very important to maintain urinary continence or control.

Most women usually perform a few (if any) pelvic floor exercises after childbirth and then forgets about it. This may lead to stress incontinence (leakage of urine on coughing, laughing, sneezing, exercising etc.) in later life along with other bladder problems.

If you have a strong pelvic floor you should be able to

- a) stop flow of urine midstream (This is to be done once a week only)
- b) contract muscles around the front passage for at least 8-10 seconds and repeats this 4 to 5 times

If you feel that your pelvic floor is weak start doing pelvic muscle exercises NOW. A good pelvic floor not only prevents you from bladder incontinence but also improves your sex life!

How can you improve your bladder function?

You can improve your bladder function by

- developing a strong pelvic floor – 40 pelvic muscle exercises per day, maximum of 10 at a time
- going to empty your bladder only if you feel you need to pass water (avoid “social” voiding)
- when emptying your bladder make sure you sit on the toilet properly (avoid “hovering”) feet flat on the floor and lean forwards.
- remember to drink 6-8 glasses of fluid a day especially during warmer weather. Concentrated urine is a bladder irritant. Limit caffeinated drinks to 3 per day and if urgency or frequency is severe avoid caffeinated drinks altogether
- reduce weight if you are overweight and cut down smoking
- eat a healthy diet with fruit, vegetables and fibre