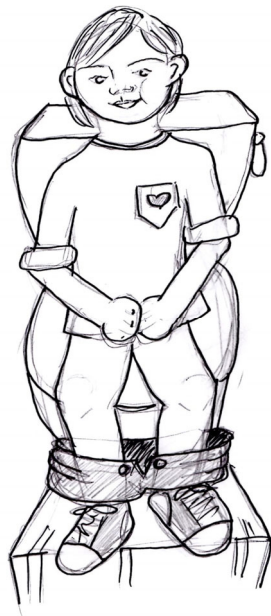


BLADDER EMPTYING EXERCISES

These exercises help relax your pelvic floor muscles so all the urine can come out of your bladder. It is important to empty your bladder all the way to keep it healthy. Do these exercises when you are sitting on the toilet.

How to sit on the toilet

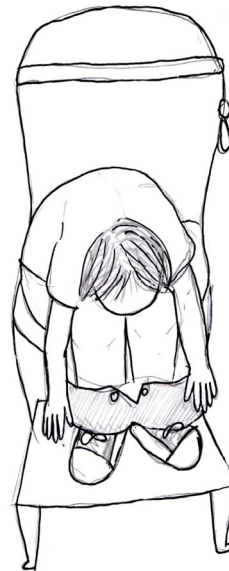
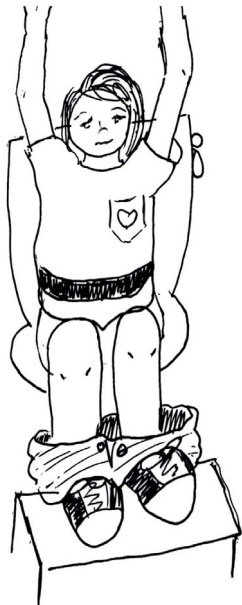
Once you sit on the toilet, it is important to be comfortable so that your pelvic floor muscles can relax. Support your feet with a stool so that they are not dangling. Your knees should be level with your hips and they should each bend so your feet are flat on a stool or the floor. Rest your elbows on your knees.



Breathing exercise

Take a big breath in while you lift your arms up towards the ceiling.

1. Now blow all the air out through your mouth and at the same time bend forward, bringing your arms down to the sides of your legs.
2. As you do this exercise, some urine may come out into the toilet and that's OK.
3. Do this exercise ____ times in a row.



Pelvic floor relaxation exercise

[Note: This exercise requires blowing to learn how to blow out using bubbles to relax your pelvic floor muscles.]

1. Take a big breath in. Gently blow bubbles without blowing too hard to make them all pop. Don't strain or try too hard. Imagine your pelvic floor muscles bulging and turning to butter and relaxing.
2. As you do this exercise, more pee should come out into the toilet.
3. Do this again ____ times until your bladder feels empty.
4. If more pee doesn't come out at first that OK, it will eventually so try not to get discouraged if it doesn't happen right away.

