



## STAYING THE BOSS

Now that you have become the boss of your healthy bladder, let's keep it that way. You can help keep your bladder from going back to its old habits.

### **Here are the things that help your bladder stay healthy.**

Stay on your potty schedule of voiding every \_\_\_\_ hours.

- Go to the bathroom when you get up in the morning and before bed at night.
- Make sure you eat a healthy diet.
- Eat enough fruit and vegetables to keep your bowel movements regular.
- Use double voiding and bladder emptying exercises to make sure you are emptying your bladder completely if you don't think it emptied all the way.

### **Exercise Review**

Remember your pelvic floor muscles can do 2 things, they can be: tight and contracted to stop the pee and poop from coming out, and relaxed and soft like butter to let the pee and poop out.

1. Be sure your pelvic floor muscles stay soft like butter when you void or go to the bathroom.
2. If you leak urine or have a strong feeling to go before you reach the toilet, use your pelvic floor muscles to close the tube from your bladder (urethra) so the pee does not come out.

You may need to practice your exercises after you stop coming to your therapy to keep your bladder and muscles healthy.

If you tighten your muscles everyday it will be easier to stay strong and help you remember to exercise.

For example – exercise whenever you

- Brush your teeth
- Go to and from school
- Do your homework or projects at home
- Watch TV
- After eating your breakfast, lunch or dinner

Hold for \_\_\_\_ seconds; relax for \_\_\_\_ seconds, \_\_\_\_ times in a row, \_\_\_\_ and times per week.

Do your Everyday Pelvic Muscle Exercises \_\_\_\_ times per week.

Do both of the above exercises \_\_\_\_ times per week for the next 3-6 months then once a week to keep them strong.