

# The Importance of Healthy Bladder and Bowel Habbits

**It is important to avoid constipation and straining when you are on the toilet.**

**Remember to:**

- Drink between 1.5 and 2 litres of water each day (water is preferable to tea and coffee).
- Avoid drinking too much caffeine and alcohol.
- Eat plenty of high brefoods (e.g. fruits, vegetables).
- Exercise regularly.
- Don't ignore urges to use your bladder orbowel.
- Avoid straining – take your time when you empty your bladder and bowel to make sure they are completely empty.

**The best toilet position to avoid straining:**

- Sit leaning forward, with your elbows on your knees; allow your tummy to relax.
- Use a foot stool so that your knees are above your hips.
- As you do your bowel motion, sigh out deeply or make a hissing sound. Don't hold your breath.
- Support your stitches with your hand particularly when opening your bowels.

