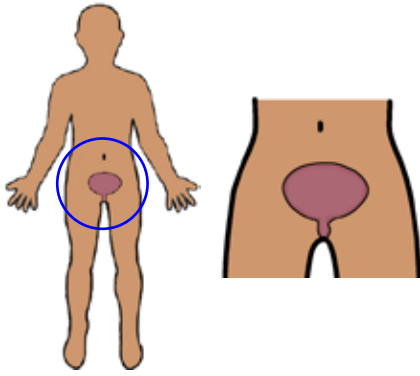


How to have better bladder control

Continence Foundation of Australia



Easy English 2016



How to have better bladder control

This factsheet is about how to have better **bladder control**.

The factsheet has some hard words.

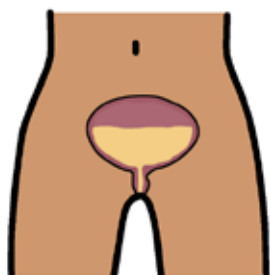
The first time we write a hard word it is in **blue**.

We will say what the hard word means.

The words and pictures in this factsheet will help you learn about things in your body.

The pictures do **not** show all the detail.

What is your bladder?



Your **bladder** holds your wee until you are ready to go to the toilet.

Poor bladder control

Some people with poor bladder control have **incontinence**.



Incontinence is when wee leaks from your bladder without your control.

People with poor bladder control may



- leak wee when they
 - laugh
 - cough
 - sneeze.

They may also



- need to hurry to get to the toilet



- go to the toilet a lot
- wake up a lot at night to go to the toilet



- wet the bed



- wet themselves before they can get to the toilet.



If you have poor bladder control, you are **not** alone.



Lots of people have poor bladder control.



You do **not** have to feel shy or embarrassed.



You can talk to

- your doctor

or



- a **continence nurse**.

A continence nurse is a special nurse who can help you with bladder control problems.



You can also talk to a **continence physio**.

A continence physio knows a lot about bladder control problems.

How to help your bladder control



Drink **fluid** every day.

Fluid is everything you drink. Fluid includes

- milk
- juice
- soup.

The best fluid to drink is water.



You should **not** have too much

- alcohol



- sugary drinks - like soft drinks or cordial



- caffeine - like coffee or energy drinks.

Drink more when



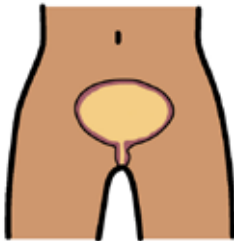
- the weather is hot

or



- you are exercising.

You should also



- wait until your bladder feels full before you do a wee



- fully empty your bladder when you go to the toilet



- keep your body a healthy weight



- stop smoking if it makes you cough.

Where to get help

You can



- talk to your doctor



- talk to a continence nurse



- talk to a continence physio



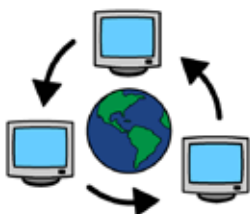
- call the **National Continence Helpline.**



1800 330 066



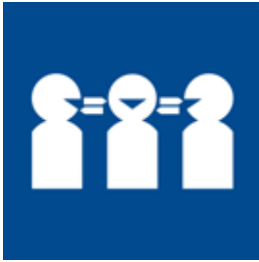
8am – 8pm Monday to Friday



You can get more information online at

www.continence.org.au

Do you speak another language?



If you need an interpreter, you can use the Translating and Interpreting Service.



Call 13 14 50.

Ask for the National Continence Helpline.

Is hearing hard for you?



You can use TTY.



Call 1800 555 677.

Then give number 1800 330 066.

Is your speech hard to understand?



You can use the NRS Speak and Listen.



Call 1300 555 272.

Then give number 1800 330 066.

This resource has been developed with support by funding from the Australian Government under the National Continence Programme.

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Scope's Communication and Inclusion Resource Centre wrote the Easy English. June 2016 www.scopevic.org.au

To see the original contact the Continence Foundation of Australia
www.continence.org.au

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