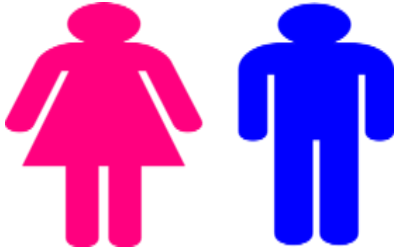




Community Healthy Bladder & Bowel Patient Information Leaflet

Our aim is to cure or greatly improve your bladder or bowel condition.



Advice on fluid intake

- Aim to drink 6-8 cups of healthy fluids a day
- If you do not drink enough you may find that you have urgency to pass urine and constipation

Healthy Fluids for the Bladder

Water



Milk



Decaffeinated tea & coffee



**Diluted fruit juices or squash
(not citrus or blackcurrant)**



Milkshakes



Fluids to avoid

Regular tea & coffee



Citrus & blackcurrant juices & squash



Alcohol



Fizzy drinks



Hot chocolate





How to access our service?

Your hospital nurse, District Nurse, GP or another health & social care professional can refer you to our service. Or, you can refer yourself by contacting us directly

Email: SBU.ComunityHealthyBladderandBowelService@wales.nhs.uk

Tel: 01792 532424

PLEASE REMEMBER

Most bladder and bowel problems can be cured or greatly improved by simple treatments. By following the healthy bladder and bowel habits, you will be half way to solving your problem.

Our focus is on continence not incontinence.