



Things you can do TODAY to help manage bowel & bladder concerns prior to your therapy appointment:

- Healthy eating
 - Daily appropriate fiber intake
- **AT LEAST** 64 ounces of water consumption daily, even if you have bladder symptoms.
 - Dehydration often irritates the bladder, causing leakage/urgency to be worse.
 - Limit caffeine, acidic drinks, artificial sweeteners, citrus, soda, and coffee.
- Deep breathing while urinating/having a bowel movement.
 - This allows the pelvic floor muscles to relax, making it easier for you to empty.
 - Do not rush your toilet time.
- Using a stepstool under your feet can help have a more complete bowel movement.
 - This angle of your pelvis allows for the colon to empty easier with less straining.
- Daily movement to encourage bowel activity and manage constipation.

Questions? Call or text us any time: 406.969.6610