



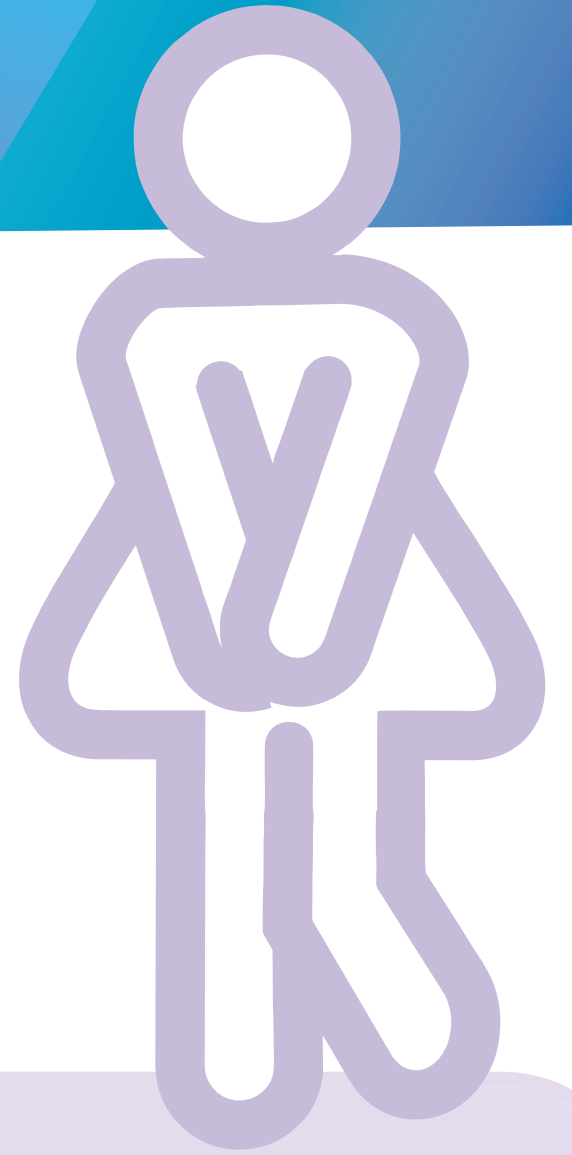
Meet the
Community Bladder
& Bowel Team

NHS

York and Scarborough
Teaching Hospitals
NHS Foundation Trust

World Continence Awareness Week

Monday 19 June to
Sunday 25 June 2023



**Do
you..?**

...leak
urine when you
cough, laugh,
sneeze or do any
exercise?

Try
performing daily
pelvic floor
exercises!

**Are your
bowels ruling
your life?**

- Worry about where the nearest toilet is?
- Spend nearly all day in the toilet?
- Avoid exercising due to fear of urinary leakage?
- Feel like you have no control over your bladder or bowel?
- Find your bladder or bowel is controlling your life?

**There is help
out there!**

- Fluids – drink at least 6-8 mugs daily. Reducing or cutting out caffeine, fizzy drinks, sweeteners and acidic fruit juices can help improve an overactive bladder.

- Exercise – 30 minutes of exercise 5 times a week
- Diet – 5 portions of fruit/veg and high fibre cereals
- Opportunity – adopt a regular bowel routine.
- Position – knees higher than hips, learn forwards and put elbows on knees.

**Do not ignore
the sensation to have
bowels opened
and allow sufficient
time!**

Please
discuss any
concerns
with your
GP

