

# BLADDER TIPS

## FLUID REQUIREMENTS

### Total fluid requirements (TFR)

30ml x \_\_\_\_\_kg(body weight)=\_\_\_\_\_ml

### Water/water with electrolytes

70-75% x TFR = \_\_\_\_\_ml

## BLADDER IRRITANTS

Acidic foods

Caffeine

Tomato based products

Carbonated/fizzy drinks

Vinegar

Coffee, Tea, Rooibos

Milk

Alcohol

Artificial sweeteners

Curry

Chocolate

Citrus fruits & juices

Red/blue dye

Spicy foods

Smoking

## URGE INHIBITION

**Stack** your ribs over your pelvis

**Sigh** to move pressure away from your bladder

**Squeeze** your toes for >20 sec

