

BLADDER NORMALS

For Women / People with vaginas

To know if your bladder is functioning the way it should be functioning, it is important to know what is considered normal bladder function. Here are some quick facts about normal bladder function in women / people with vaginas.

Please note: these are normal values for people without diseases that may impact the bladder like diabetes, heart or kidney disease.

Amount of pees a day

It is normal to need to empty your bladder between 4-8 times a day.

Volume of pee

Your bladder should be able to hold between 400 and 500 ml of urine when it's full.

You can get a weak urge sensation starting from 250mls.

Bladder behaviour

Your bladder should tell you when you need to empty it, but give you enough time to get to the toilet. At the toilet it should start emptying when you sit to relax and feel empty after finishing. It shouldn't leak.

Amount of pees a night

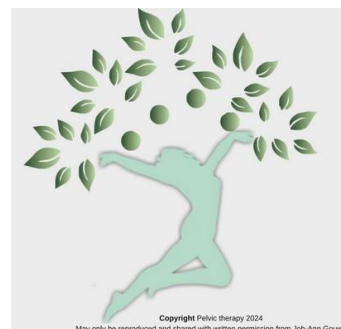
It is normal to wake up to empty your bladder once a night.

*2x is acceptable in someone older than 65 years or pregnant.

Colour of urine

The colour of your urine should be a pale yellow / straw colour.

Changes in the colour could mean you need to hydrate or you have something else wrong.



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Use the questionnaire below to determine your own bladder health

Do you have any of the following symptoms?

	Yes	No
I leak urine when my bladder is very full	<input type="checkbox"/>	<input type="checkbox"/>
I leak urine when I do something that increases bladder pressure (cough, sneeze, lift etc.)	<input type="checkbox"/>	<input type="checkbox"/>
I cannot hold my urine in for at least 2 hours	<input type="checkbox"/>	<input type="checkbox"/>
I don't feel I need to pee even after 4 hours when awake	<input type="checkbox"/>	<input type="checkbox"/>
When my bladder feels full, it feels very urgent and I need to rush off to the toilet	<input type="checkbox"/>	<input type="checkbox"/>
I urinate more than once a night frequently (or 2x if older than 65/pregnant)	<input type="checkbox"/>	<input type="checkbox"/>
My bladder doesn't want to start emptying when I sit on the toilet	<input type="checkbox"/>	<input type="checkbox"/>
My stream is very slow / stops and starts	<input type="checkbox"/>	<input type="checkbox"/>
After I urinate, I dribble when I stand up	<input type="checkbox"/>	<input type="checkbox"/>

If you answered **YES** to any of these questions, you might have a bladder problem that can be addressed.

Please discuss this with your doctor.
You can take this questionnaire with to help you start the conversation.

