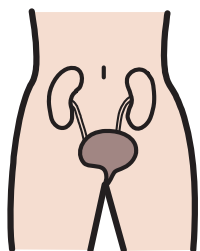
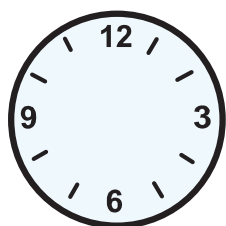


Keeping your bladder healthy

Great Ormond Street
Hospital for Children
NHS Foundation Trust



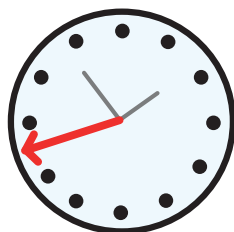
It is important to keep your bladder healthy.
Bladder infections can be uncomfortable and sore.



Go to the toilet at set times throughout the day.
Every 3 to 4 hours is about right.



Get in a comfortable position to wee.



When you have finished, wait 20 seconds and try to wee again.



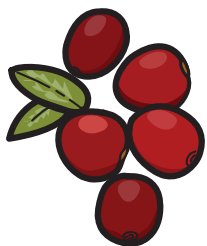
Drink plenty of fluids - spread throughout the day.



Avoid fizzy drinks and dark coloured squash.

Keeping your bladder healthy

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Cranberry juice helps to reduce infections.



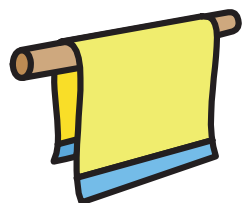
Eat plenty of fruit and vegetables to prevent constipation



Wipe from front to back to keep clean



Wash every day using soap and water



Use your own flannel and towel



If you have any questions, please ask us