

Bladder EMPTYING STRATEGIES

REMEMBER, NEVER STRAIN OR PUSH URINE OUT - USE THE STRATEGIES BELLOW

1. Relaxation Techniques:

- Diaphragmatic/360 breathing
- Warm bath, heat, self massage to abdomen or pelvic floor
- Deep squatting with support
- Regular daily exercise (i.e. walking)
- Meditation

2. Double Void:

- urinate sitting on toilet, stand up, move around, sit and try again

3. Crede Maneuver

- Make a fist with your hand & stroke downwards behind pubic bone onto bladder (around where a belt would be in the front); as you stroke downwards, lean your body forward

4. Drink enough water

- Strive for half your body weight: ___lbs divided by 2 = ___oz/day

5. Manage constipation (see below)



P4Moms
PREGNANCY | POSTPARTUM | PROLAPSE

CONSTIPATION STRATEGIES

- Squatty potty: Knees above hips to help reduce straining - sometimes leaning forwards & towards the left can help
 - You can try to mimic a similar pattern by going up on your toes & pulling your elbows onto your knees
- Regular daily exercise
- Try to time your bowel movements (can be convenient in the morning)
- Ask your primary physician about other strategies (Magnesium, probiotics, etc.)

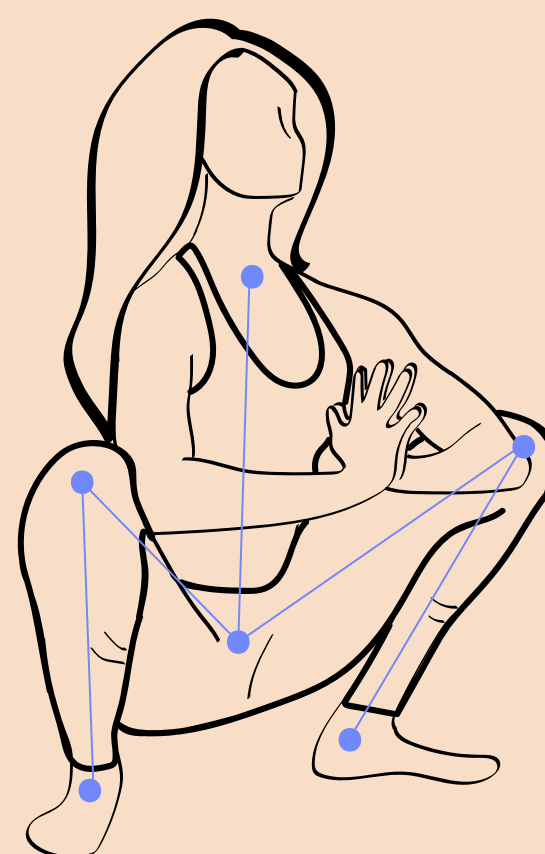
DIAPHRAGM



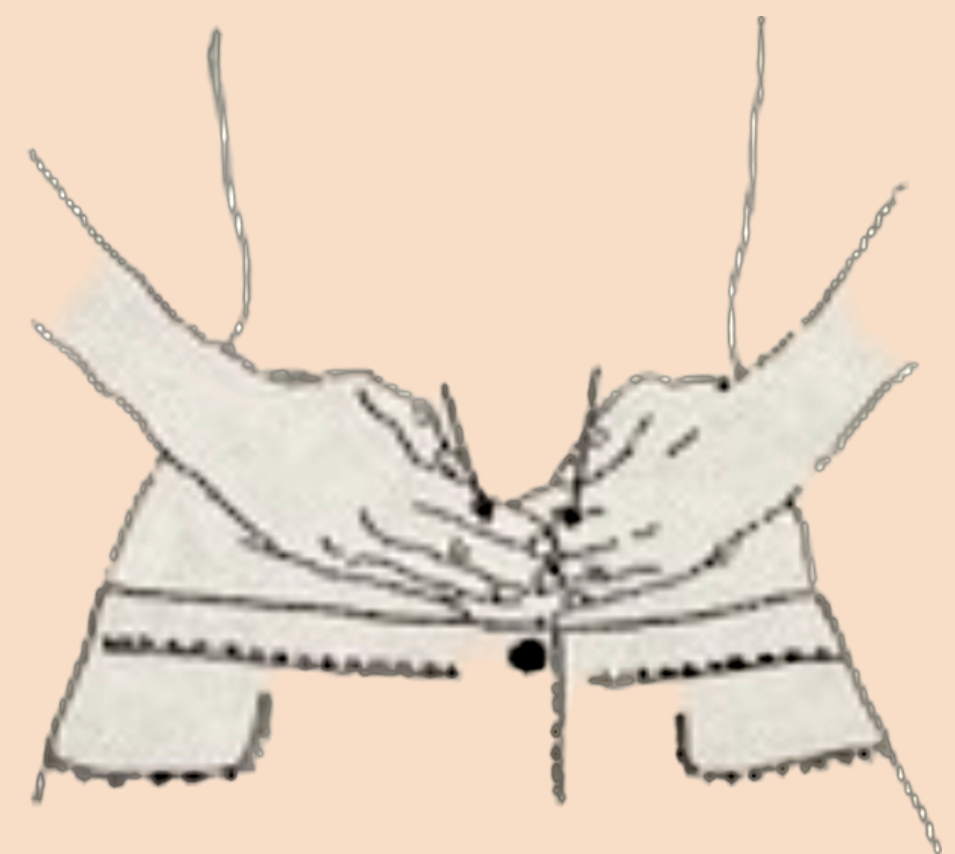
PELVIC FLOOR



SQUATTY POTTY



DEEP SQUATTING



CREDE MANEUVER