

Important Information for all new mothers

Being pregnant and having a baby can alter your bladder or bowel function, whether you had a vaginal birth or a caesarean section. To reduce the chance of problems it is very important to try and pass urine within 4 hours of your baby's birth, or after having your catheter removed.

In the first 1-2 days:

- Drink regularly (about 1- 1½ glasses per hour).
- Try to pass 1-2 cups (250-500mls) of urine each time you go to the toilet.

Make sure you tell your midwife if:

- You don't seem to be getting an urge to pass urine i.e. you are going to the toilet out of habit rather than because you feel you need to
- You are passing only small amounts of urine each time you go to the toilet OR you are passing very large amounts each time you go
- You wet yourself accidentally, leak urine or have to strain to pass urine
- The flow of urine seems particularly slow, or if it stops and starts.
- You feel you aren't completely emptying your bladder when you go to the toilet.
- You are constipated or straining to open your bowels.

It is not unusual to have bladder problems, constipation or loose bowel motions in the first couple of days, but if you *tell your midwife* then she can make sure you get the right advice. This will help you to return to normal bladder and bowel function sooner rather than later.

Tips to help empty your bladder

- ✓ **Sit with your bottom well back on the toilet seat**
- ✓ **Make sure your feet are supported**
- ✓ **Keep your back straight**
- ✓ **Never push, instead gently bulge your belly forwards, like a basket ball**
- ✓ **Try exhaling with your mouth open in an "O" shape – this helps your pelvic floor muscles let go**
- ✓ **At the end, if you feel as though you are not fully empty stand up, walk in a circle, sit down and try again and inform your midwife**
- ✓ **At the very end finish off with a pelvic floor muscle contraction to turn the "tap" off**
- ✓ **If within 5 minutes you still feel the need to go, return to the toilet and try again**
- ✓ **If more than 5 minutes has passed, try to ignore the urge to go again, and inform your midwife**



**Bladder Care information for
all women who have had a baby**

