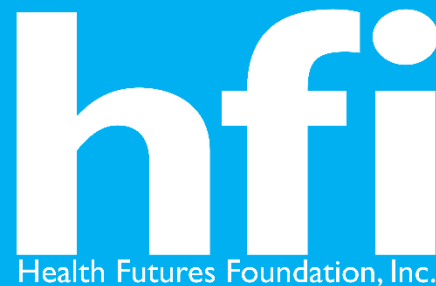


POSSIBLE NORMAL

Supportive Management

- Limit intake of bladder irritants and diuretics such as coffee, tea, alcohol, carbonated drinks, citrus fruits, tomato-based products, spicy foods, chocolate, and artificial sweeteners.
- Drink enough fluids (around 2 liters a day or 8 glasses of water a day) to prevent over-concentration of urine and constipation but avoid drinking just before bedtime to prevent nighttime urination.
- Perform Kegel exercises between 30-80 times daily for about 8 weeks to improve bladder control.
 - Identify the muscles used to stop urinating.
 - Tighten pelvic floor muscles, hold the contraction for 5 seconds, and then relax for 5 seconds.
 - Gradually aim to keep muscles contracted for 10 seconds at a time, and relaxing for 10 seconds between contractions.



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