

### **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**

