



Is your physiotherapist chartered?



### Helpful Hints

- Try to drink 1 ½ to 2 Litres (3 pints) of fluid a day.
- Avoid tea, coffee, fizzy drinks and alcohol.
- Don't go to the toilet 'just in case'.
- Don't 'stop and start' midflow while passing urine.
- Avoid constipation by eating a healthy diet and increasing your fibre intake.
- Avoid heavy lifting, which puts strain on your pelvic floor muscles.
- You may help to stop urine leakage by squeezing the pelvic floor muscle strongly as you are about to cough or sneeze.

### Getting Help

When you choose a Chartered Physiotherapist in Women's Health and Continence you can have the peace of mind in knowing that you are being treated by a physiotherapist who has a university degree qualification and is committed to the highest standards of ethical and clinical excellence.

### General Information

*Chartered Physiotherapists in Women's Health and Continence (CPWHC) work in hospitals, the community and in private practice.*

*To find your nearest Chartered Physiotherapist, visit [www.iscp.ie](http://www.iscp.ie) or contact The Irish Society of Chartered Physiotherapists, 123 St Stephen's Green, Dublin 2. Tel: (01) 402 2148.*

*Your local GP may also be able to recommend a CPWHC physiotherapist near you.*

Remember, with Chartered Physiotherapists you're in safe hands!

*More information can be found at [www.iscp.ie](http://www.iscp.ie) the Golden Pages or by contacting the ISCP at 01- 4022148.*

## A Healthy Bladder with Physiotherapy



One in three women will experience bladder problems at some time in their lives