

Going to the toilet frequently

Drinking non-alcoholic fluids is essential to health. If you are going to the toilet frequently because you are worried about having accidents then deliberately reducing your fluid intake could contribute to your difficulties and further medical problems.

Information

- > Frequency refers to the number of times you go to the toilet to pass urine in a day.
- > For most people, the normal number of times to urinate per day is between 6 – 7 in a 24 hour period. Between 4 and 10 times a day can also be normal if that person is healthy and happy with the number of times they visit the toilet. As with many things in life, everyone is different.
- > Medication for things such as high blood pressure can also influence the number of times you pass urine a day.
- > 2 litres of non-alcoholic fluid is the daily recommended amount you should drink.

Simple solutions

- > Avoid drinking within 30 minutes of going to bed, in particular tea and coffee.
- > Good bladder habits are important – don't hold on too long or go 'just in case.'

- > Wearing clothing that is easy to remove can make it easier when needing to use the toilet.
- > Simple pelvic floor exercises will help and can be done while taking part in everyday tasks such as washing up or preparing food.
- > If getting to the toilet quickly enough during the day or at night time is the problem, then we recommend you seek alternative advice on ADL SmartCare for mobility related problems such as difficulty climbing the stairs, difficulty getting out of bed etc.

Further Help

- > If you are concerned about how often you urinate and it is starting to affect your day to day life make an appointment to see your doctor.
- > Nurse continence specialists, and specialist physiotherapists are healthcare professionals who specialise in bladder problems.