



want to stop
**peeing your
pants?**

3 tips to stop leaks

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Drink more water

It feels counter intuitive!

You've been limiting your water intake so that you don't pee in your pants.

But...if you're dehydrated, the urine in your bladder is highly concentrated and can irritate the lining of the bladder.

Having an irritated bladder is a quick way to have more annoying bladder symptoms like leaks and frequent urges.

Do a contraction of your pelvic floor muscles before you sneeze or cough.

A quick fix if you pee when you sneeze is to do a strong pelvic floor muscle contraction just before you sneeze - and hold it like that!

This is typically a reflexive action that your pelvic floor should be doing for you but in many cases, the strength is lacking, or the timing is off.

Pro tip: don't just squeeze your thighs together! Really think of lifting + squeezing the muscles on the inside. This tip works for any kind of stress urinary incontinence (leaking when you cough, sneeze, jump, etc).

Take some slow diaphragmatic breaths.

If you leak when you get the urge to go, this tip is for you.

Slow down and practice your diaphragmatic breaths when you get that strong urge.

It helps to settle down your nervous system which plays a big role in urge urinary incontinence.