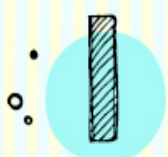


# Healthy URINARY HABITS

## To Follow When Pregnant



Never hold your pee; empty the bladder completely



Be seated in a relaxed position while urinating to prevent retaining urine



Use comfortable and soft underclothing to keep your private area dry



Maintain a diary or keep a note to drink adequate water and prevent dehydration



Avoid foods that have a pungent odor to avoid a smelly urine



Try pelvic floor exercises (Kegels) to improve bladder strength and control



Manage your blood sugars (high sugars may cause a typical smell in the urine)



### References:

1. 15 Tips To Keep Your Bladder Healthy; National Institutes of Health
2. Prevention of Bladder Control Problems (Urinary Incontinence) & Bladder Health; National Institutes of Health