

contacts

You can ask a grown-up, parent, doctor or teacher if you want to know more about how your bladder (wee) works. They can get more information from the National Continence Helpline.



National Continence Helpline
1800 33 00 66

Phone continence nurse advisors for free advice, resources and information about local services.

Continence Foundation of Australia

Level 1, 30–32 Sydney Road

Brunswick VIC 3056

T (03) 9347 2522

F (03) 9380 1233

E info@continence.org.au

W continence.org.au

State Resource Centres

Victoria

T (03) 9816 8266

E info@continencevictoria.org.au

New South Wales

T (02) 8741 5699

E cfansw@optusnet.com.au

Western Australia

T (08) 9386 9777 or

1800 814 925 (WA country callers only)

E info@continencewa.org.au

South Australia

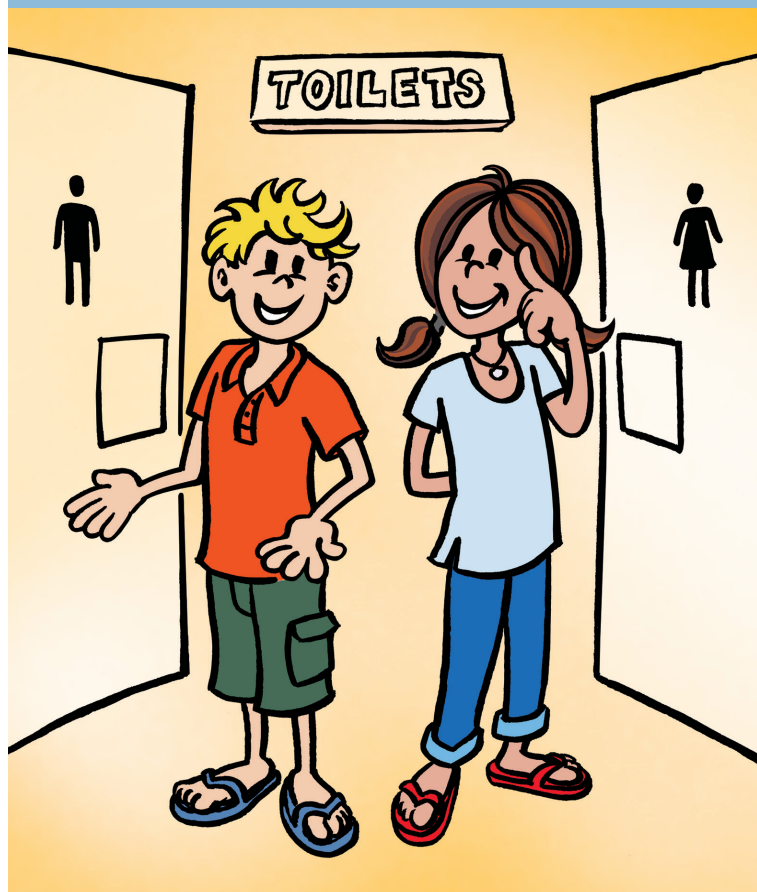
T (08) 8266 5260

E continence@sa.gov.au

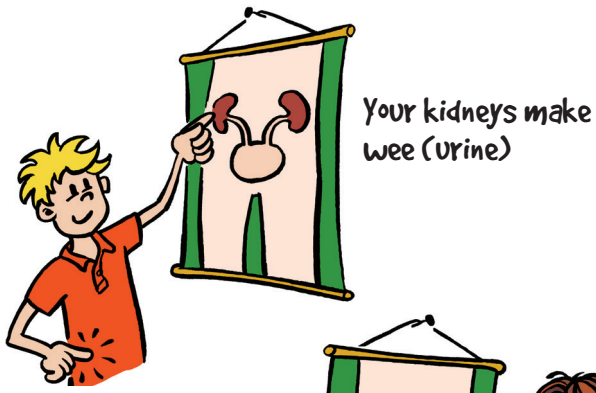
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How your bladder (wee) works

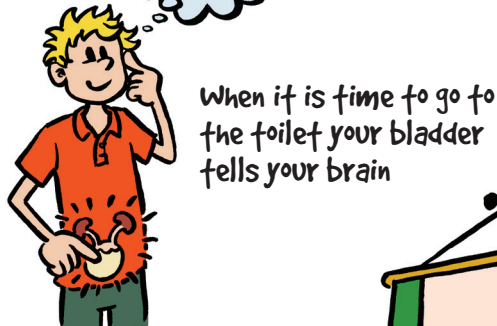
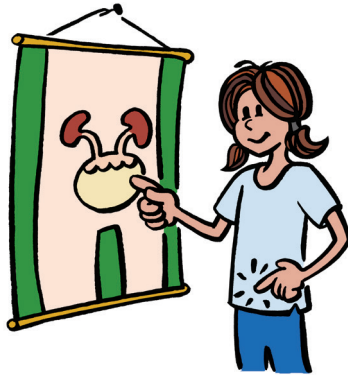


How does my bladder (wee) work?



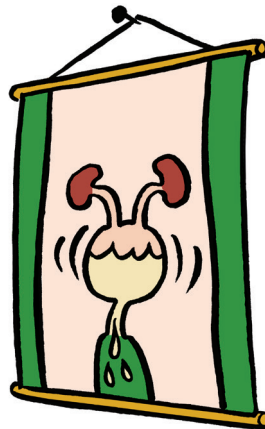
Your kidneys make wee (urine)

Your bladder acts like a water tank and stores the wee



When it is time to go to the toilet your bladder tells your brain

When you are at the toilet the bladder squeezes, the gate (sphincter) opens, and the wee comes out by itself



How do I look after my bladder?

- When you feel you need to do a wee you should STOP what you are doing and go to the toilet.
- Don't hold-on until you are busting.
- Don't hurry or push to make your wee come out, just wait and relax until it is ready.
- Let all your wee come out. Don't rush off before it is finished.

Tell a grown-up you know if...

- It hurts or burns to do a wee. It can be helped and will get better.
- Your wee sneaks out when you don't want it to.

What else can I do to look after my bladder?

- Drink water with your meals and when you are thirsty.
- Include fruit and vegetables in your snacks and meals each day.

Remember: don't make fun of people who have trouble with their bladder. Be kind and help them to tell a grown-up they know - so they can get better.