

# Keeping Your Urinary Tract Healthy

## What can I do to keep my urinary tract healthy?

- See your primary health care provider every year for a check-up.
- Eat well-balanced, healthy meals.
- Drink at least 8 glasses of water every day, unless your health care provider tells you not to because of another medical condition.
- Limit your caffeine intake (this includes coffee, tea, and cola) to 1 or 2 cups a day. Do not drink these beverages before bed if you have to urinate (pee) often.
- Stop smoking. Smoking increases your chance of getting cancer, including bladder cancer.
- Practice Kegel exercises. To do this, pretend you have to urinate, then tighten these muscles, and hold for a few seconds each time.
- Urinate shortly before and after having sex.
- Do not use bath oil or bubble bath when bathing.
- Use only gentle, or unscented soap.
- Do not hold your urine (pee) for long periods of time. Use the washroom as soon as you feel the urge.
- If you are over age 50 and have a prostate, talk with your primary health care provider about the benefits and risks of prostate cancer testing.
- People with external reproductive organs, especially those aged 16 to 30, should learn how to do a self-testicular exam, and do it regularly.
- People with internal reproductive organs should always wipe from front to back after using the washroom.

## See your primary health care provider if:

- You see blood in your urine. This may be a sign of a problem.
- You are not able to hold your urine (incontinence). **This is not a normal part of aging** and can be a symptom of another problem.