

Frequently Asked Questions

What are some foods and beverages thought to contribute to bladder leakage?

- Alcoholic Beverages
- Carbonated Beverages
- Milk/Milk Products
- Coffee/Tea
- Citrus Juice & Fruits
- Tomatoes
- Highly Spiced Foods
- Sugar
- Honey
- Chocolate
- Corn Syrup
- Artificial Sweetener

What are some safety tips for when I pick up my baby?

- Get as close as possible to your baby with your feet underneath you.
- Keep your back straight, tighten your abdominals, and bend your knees.
- Pick up your baby and hug them to your body (as close as possible).
- Now stand up by straightening your knees and keep your back straight.
- If you need to turn around to place the baby on the changing table, turn your whole body, not just your torso.

Note: These lifting tips should be applied to lifting any objects as well as your baby in order to ensure safe lifting for your back and to decrease risk of injury to your spine.

What are some tips to help manage pain associated with everyday activities?

- Sit down to perform activities when possible.
- Avoid periods of prolonged weight bearing.
- Avoid deep squatting.
- Avoid lifting and carrying heavy objects when possible.
- Avoid stepping over objects.
- Avoid stairs if possible.
- When rolling in bed, place a pillow between your knees and keep your legs together as you roll.
- When getting in bed, sit on the side of the bed with your legs close together, lie on your side first and then bring both legs up sideways.
- When getting into a vehicle, sit down on the seat first and then bring your legs into the vehicle.
- When getting out of a vehicle, bring both legs out of the vehicle first and then stand up pushing equally with both legs.
- Avoid twisting movements of the body.
- Before performing activities that are painful, contract the pelvic floor muscles to give additional pelvic stability.

What are some signs of pelvic pain?

- Pain in low back, vaginal/penis, rectum, coccyx, thigh, and/or lower abdomen
- Urinary and/or fecal incontinence
- Pelvic pressure or heaviness
- Painful intercourse
- Lack of sexual orgasm
- Vulvar, clitoral, or scrotal burning and/or numbness
- Organ prolapse or “feeling of insides falling out”
- Bowel and bladder problems (urinary frequency, urgency and/or constipation)