



“I thought going
for a wee ‘just
in case’ was the
right thing to do”

FALSE

**Regularly going to the loo ‘just in case’
is not a good thing to do.**

Going when you don’t need to can teach your bladder that it needs to be emptied when it doesn’t. This can reduce how much your bladder can hold and can increase your risk of incontinence.



Let’s set the record straight on incontinence.

Find information and support on the steps you can take to prevent, better manage, or even reverse incontinence. Visit hants.gov.uk/livelongerbetter



“Surely the
less I drink, the
less I’ll have to
go to the toilet?”

FALSE

**Drinking less actually causes your
wee to be stronger, which irritates
the bladder.**

This means you may need to go to the loo more often or more urgently. Plus, not drinking enough can increase your risk of developing a urinary tract infection.



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