

# 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**

FREECALL™

**1800 33 00 66**

Helpline advisors are always sensitive to the confidentiality and anonymity of all callers. An Australian Government initiative managed by the Continence Foundation of Australia

## Continence Foundation of Australia

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E [info@continence.org.au](mailto:info@continence.org.au)

W [www.continence.org.au](http://www.continence.org.au)

## Continence Foundation of Australia Resource Centres

### Victoria

T (03) 9816 8266

E [info@continencevictoria.org.au](mailto:info@continencevictoria.org.au)

### New South Wales

T (02) 8741 5699

E [cfansw@optusnet.com.au](mailto:cfansw@optusnet.com.au)

### Western Australia

T (08) 9386 9777 or

1800 814 925 (WA country callers only)

E [info@continencewa.org.au](mailto:info@continencewa.org.au)

### South Australia

T (08) 8266 5260

E [continence@dcsi.sa.gov.au](mailto:continence@dcsi.sa.gov.au)

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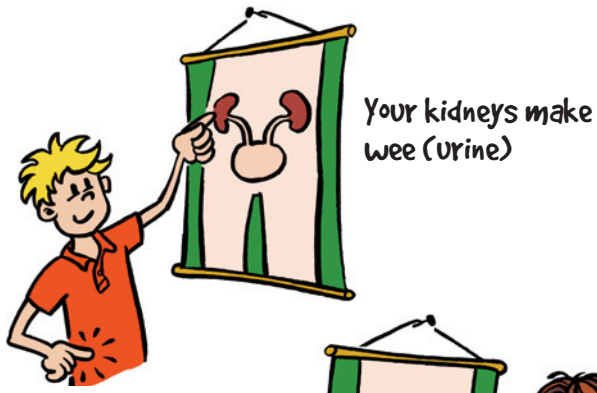
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# How your bladder (wee) works



# How does my bladder (wee) work?



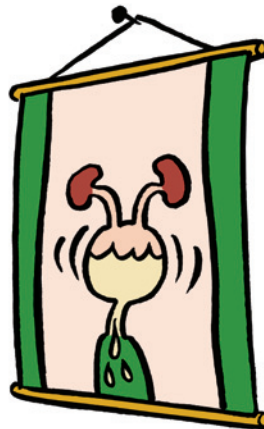
Your kidneys make wee (urine)

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 ready to go to 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.

## 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.
- Your diet should include fresh fruit and vegetables every 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.