



ARE YOU PEEING WRONG?

× 6 Common Mistakes + How to Correct Them ✓

MISTAKE

Straining or holding your breath



CORRECT

"Let go" and relax your pelvic floor muscles

MISTAKE

"Stop and Start" urination



CORRECT

Let urine flow out in one solid, steady stream

MISTAKE

Rushing urgently to the bathroom. Your bladder is the boss.



CORRECT

Urinate when and where you choose. YOU are the boss!

MISTAKE

Going less than 2 hours or more than 4 between visits
(healthy adults without medical conditions)



CORRECT

Urinate every 3-4 hours during the day

MISTAKE

Going more than once during the night
(unless pregnant or over 65 years old)



CORRECT

Ideally, sleep through the night

MISTAKE

Allowing urine to become concentrated



CORRECT

Stay hydrated so your urine is healthy