

# 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

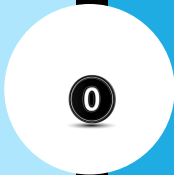


### CORRECT

Urinate when and where you choose

### 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