

Bladder leakage in Pregnancy

Over 60 percent of women experience bladder leakage/incontinence during pregnancy. Most commonly most women will experience the leakage during their second and third trimesters and it is usually associated with coughing, sneezing, exercise or vomiting.

These activities all place extra stress on the pelvic floor and bladder and with the extra weight of your growing baby this places an additional load on the muscles and this can result in increased stress on the bladder to maintain closure and control.



What can you do to prevent bladder leakage during pregnancy?

Although bladder leakage in pregnancy is common, it is not normal.

Here are some of my tips to help you prevent and manage your bladder leakage during pregnancy.

1. Pelvic Floor Exercises
 - Aim for daily pelvic floor exercises
2. Before your cough. sneeze try and pre squeeze your pelvic floor muscles
3. Avoid constipation and straining
4. Avoid high impact exercise such as running, jumping, skipping

If you are finding your bladder leakage is becoming more frequent, your concerned about it, unsure if you are doing your pelvic floor exercises correctly book an appointment to see your Pregnancy and Pelvic Health Physiotherapist.