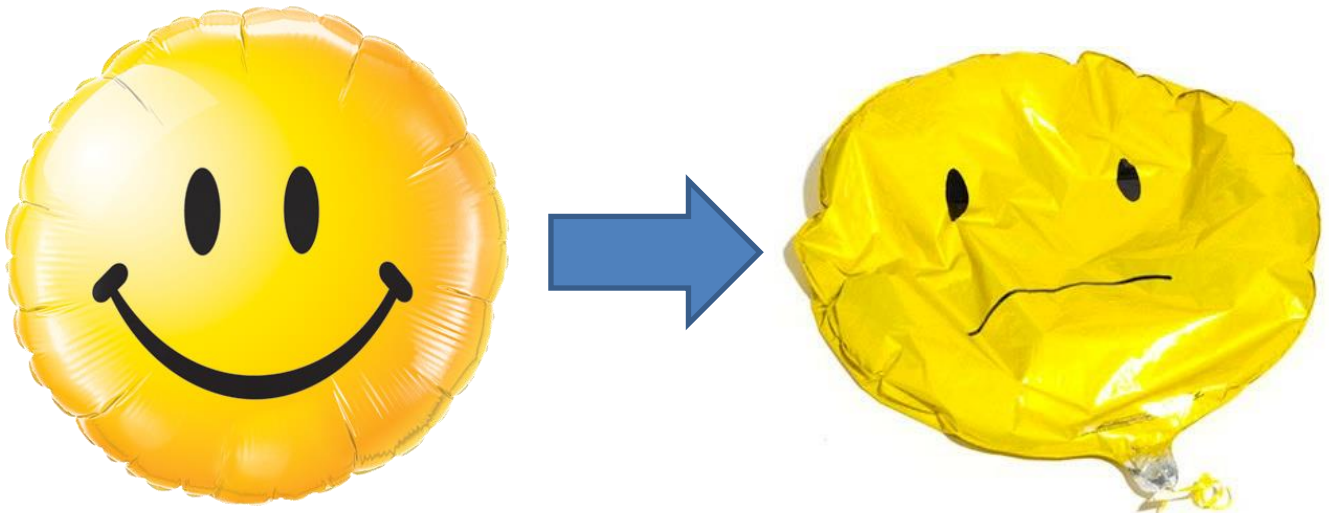


Ladies look after your bladders!!

During the birth of your baby, your bladder may have become bruised. This can lead to your bladder not emptying properly. If this happens, your bladder can become overstretched like a balloon, and lead to long term issues.



If you experience any of these symptoms please inform your midwife:

- Unable to pass urine
- Feeling like your bladder is not empty after going to the toilet
- Dribbling or leaking after going to the toilet
- Needing to strain to start urine stream
- Feeling of fullness in lower tummy after attempting to emptying your bladder