

10 TIPS FOR URINATING PROPERLY

For Females!

- ✓ Don't Hold It!
- ✓ Don't Hold In Fecal Matter
- ✓ Always Sit Down
- ✓ Position Your Body Correctly
- ✓ Don't Go Too Often
- ✓ Remember To Breathe Out
- ✓ Don't Push
- ✓ Wipe Front To Back
- ✓ Drink Lots Of Water