

# How Does Alcohol Affect Your Bladder?



## 1

### IRRITATION

Alcohol is a known **bladder irritant**. This means that it irritates the lining of your bladder and can cause urinary issues.

## 2

### CONCENTRATED URINE

This urine is produced due to dehydration. It **inflames** your bladder lining, causing you to **urinate more frequently**.

## 3

### UTIS

Concentrated urine can cause **urinary tract infections (UTIs)**.

## 4

### BEDWETTING

Alcohol consumption can make **bedwetting worse**. You may wet the bed after drinking large amounts of alcohol.

## 5

### IMPAIRED SIGNALS

You may experience **impaired signals** from the bladder to the brain, leading to **accidents or urine leakage**.

## 6

### BLADDER LEAKS

Because alcohol is a **depressant** that **relaxes your bladder muscles**, it can lead to accidental leaks and wet clothes.

## 7

### URINARY FREQUENCY

You'll most likely feel like you **need to pee** more frequently and **use the bathroom more** often while drinking.

## 8

### CONSTIPATION

Constipation caused by **dehydration** from alcohol can cause increased **urinary frequency** due to the waste pushing on your bladder, making it **feel fuller faster**.

## 9

### WEAK PELVIC FLOOR MUSCLES

Drinking causes increased urine production which can **overwork your bladder** and lead to **weak detrusor and pelvic floor muscles**.