

Supplemental Table 1

Patient Handout for Fall Prevention and Good Bladder Health^{27, 28, 29}

Urinary urgency, urge urinary incontinence, and nocturia are associated with increased risk of falling in older adults. These evidence-informed steps may reduce your risk of falling on the way to the bathroom.

Drink fluids, both the right amount and proper type

- Usual fluid intake is 48 ounces per day (1.4 liters) or six 8-oz glasses.
- Too little fluid can cause:
 - Concentrated urine, which may *increase* urinary urgency
 - Constipation, which may also irritate the bladder.
- Too much fluid can cause:
 - Increased urination
- Caffeine and alcohol may increase urinary frequency and urgency

Managing urges

- Wear a continence pad if needed.
- Try to quickly squeeze the pelvic floor muscles multiple times when you have a strong urge to urinate. Continue until the urge subsides *before* walking to the toilet. DO NOT RUSH!
- If you have significant bladder symptoms or do not know how to contract your pelvic floor, ask your doctor to refer you to a physical therapist who is specially trained in pelvic floor strengthening.

Reducing nocturia and safer ambulation on the way to the bathroom at night

- Reduce leg swelling by wearing compression socks during the day. Check with your provider first about compression socks particularly if you have poor blood flow in your legs, uncontrolled heart failure, or skin infections or wounds
- Try to take in evening fluid 3–4 hours before bedtime. Use sips of water for evening medication.
- If you take a diuretic ("water pill") twice a day, ask your provider if you can take the second dose in the afternoon instead of at bedtime.
- Remove bedroom trip hazards to ensure a clear nighttime pathway from the bed to the bathroom and use nightlights to help with visibility.
- Use a bedside commode or urinal.