

**MYTH BUST  
NUMBER 1**



**"WETTING MYSELF  
LAUGHING.  
IT'S JUST PART  
OF PREGNANCY."**

***NO! PREGNANT OR NOT, INCONTINENCE IS COMMON BUT NOT NORMAL AND YOU CAN DO SOMETHING ABOUT IT.***

Pregnant or up to one year after birth? If you are having pelvic health issues, you don't have to *just live with it*. Whether your symptoms can be managed at home (using online self-help tools) or you need specialist treatment, tailored advice and care is available to you. Simply visit [letsgetbetter.online/pelvichealth](https://letsgetbetter.online/pelvichealth), scan the QR code or speak to your midwife or healthcare professional.

