

Bladder Retraining

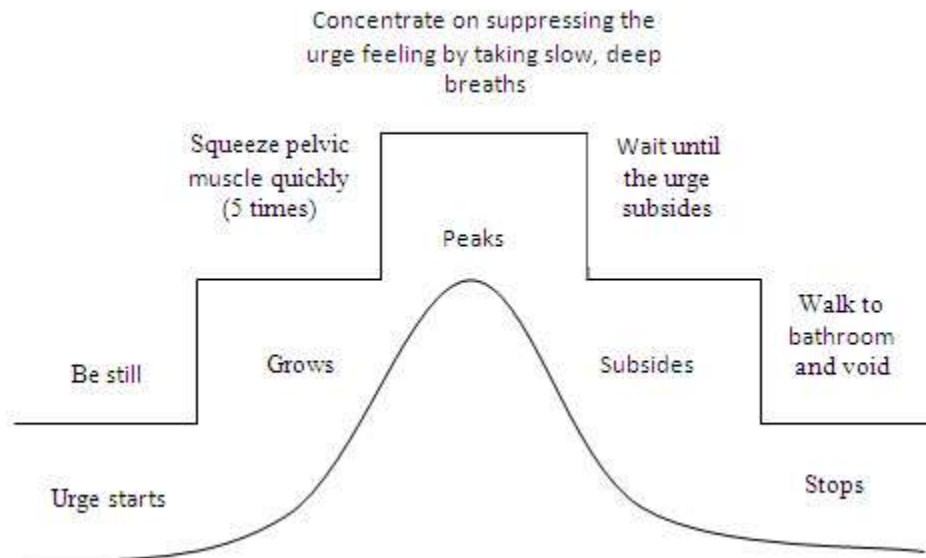
The goal of bladder re-training is to lengthen the duration between voids, so that you are not emptying your bladder as frequently as you are now. By performing these exercises, you can train your bladder to comfortably accommodate larger volumes of urine and reduce the bothersome symptom of urinary frequency.

Urinary urgency is the sudden, strong feeling of needing to void or empty the bladder immediately that may result in urine leakage on the way to the bathroom. Urgency tends to occur in waves. It begins, grows in intensity until it peaks, and then subsides and stops until the next wave begins (see figure below).

Frequency often accompanies urgency. It refers to voiding often, typically more than 8 times or more in a 24-hour period.

When you feel urgency, it is important NOT to rush to the bathroom. Rushing causes movement that can jiggle your bladder, which then increases the feeling of urgency and the risk of urine leakage. Wait until the urgency subsides, then walk slowly to the bathroom. You can help decrease the feeling of urgency by squeezing your pelvic floor muscles (Kegel's) five times while you wait.

Concentrate on suppressing the



How often do you empty your bladder? Every 30 minutes? Every hour? Use this time as a starting point and purposefully empty your bladder at that time for one week. Then use the methods described above to extend the time between voids by 30 minutes each week (so that the second week you void every hour, then every 1.5 hours, etc.) until you achieve a reasonable goal of voiding every 3-4 hours. You may need medication to help you overcome urinary urgency and/or frequency.

BLADDER DRILLS INSTRUCTIONS

You will be assigned voiding intervals for each week.

Void as soon as you arise. You are to void at the assigned interval throughout the day and make the time on your voiding diary. You must make an attempt to void even if you do not feel the urge to go at the time. If you happen to miss voiding at the assigned time, please note this on your diary.

You are ignore all impulses to void if they occur between the specified times. You should consciously attempt to inhibit the urge or engage in some other distracting behavior. If you have to empty your bladder in between the assigned times, or have had a leaking accident, record the times on the voiding diary with either a V (if you void in between time) or a L (if you leak in between time).

The voiding schedule does not continue through the night. If you get up to void during the night, record this on the diary.

Weekly, you will gradually increase your voiding intervals.

Good luck.

Mentally, remember you are in control of your bladder!

Week 1 Void every_____

Week 2 Void every_____

Week 3 Void every_____

Week 4 Void every_____

Week 5 Void every_____

Week 6 Void every_____