

Bladder Training Education

TIPS to Reduce Urge Symptoms

- **Drink 8 to 10 glasses of water daily** to reduce more concentrated urine which irritates the bladder.
- **Reduce JIC (Just in Case) bathroom visits** where you empty at ‘could go or should go’. Instead, focus on emptying when you feel a sensation of “time to go” because, over time, you reduce the bladder capacity and train the bladder to be more sensitive when it’s full; therefore making it more likely to spasm.
- **Avoid drinking large volumes at once**, instead sip 8 oz to 10 oz per hour.
- **Manage Bladder Irritants** because the more bladder irritants and less excess fluid the kidneys filter, the more concentrated the urine and therefore, the more irritated the detrusor muscle. The most common are:
 - Caffeine (found in some painkillers and cold remedies)
 - Sugar (found in soda, most juices, chocolate, and candy)
 - Alcohol
 - Some spicy foods
 - Cigarette smoking

Tips for Urinary Retention and Incomplete Emptying of Bladder

- **Double voiding:** Urinate, relax for 5 minutes, and move around to press on abdomen, repeat urination.

Additional Tips to Reduce Urge Symptoms

- **“Timed Voiding” Scheduled Bathroom Visits:**
- Upon completion of your bladder diary, determine the average amount of time between bathroom visits. Add 15 minutes to that time and schedule bathroom visits all day with that time in-between.
- Go to the bathroom at each scheduled time, regardless of whether you feel the urge to go.
- When you can do this successfully for 3 to 4 days add another 15 minutes between bathroom visits.
- Gradually increase the time between bathroom breaks until you are reaching 2 to 5 hours between voids daily.

911

Urgency tends to occur in waves. It begins, grows in intensity until it peaks, subsides, and stops until the next wave begins. Voluntary pelvic muscle contractions inhibit signals that cause the detrusor muscle to contract.

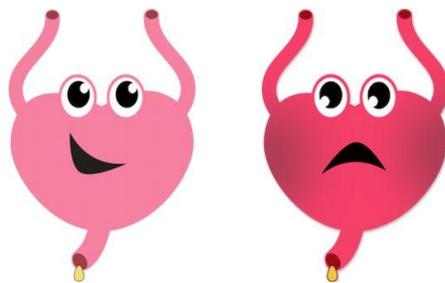
When you get an urgent desire to empty your bladder, do the 911...

- STEP 1: Stay still as running can increase spasm by jiggling bladder.
- STEP 2: Contract pelvic floor muscle to inhibit reflex signal to brain.
- STEP 3: Hold contraction UNTIL urgency goes away.

- Determine if you are at “could go, should go or time to go.”
- Counting out loud, sitting or crossing legs might help in beginning.

Practice at home until you're confident.

This technique works 100% of the time if you're patient to wait.



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