

HOW OFTEN SHOULD I URINATE DURING THE DAY?

- **Aim to urinate 3-4** hourly and try to avoid going more or less frequent than this. If you go less frequently than this, at times you may not allow your bladder to adequately fill. Overtime this may contribute to urgency to urinate, needing to urinate more frequently or leaking on the way to the toilet.
- **Avoid 'just-in-case' trips to the toilet**

If you find it difficult to wait up to 3 hours to urinate there are some tips below (see urge delay techniques)

HOW TO RETRAIN THE BLADDER

- When starting to retrain the bladder do it in an environment that you feel comfortable and 'safe' as you might find delaying the urge difficult and might end up leaking a little more than normal for you; but this should improve with practice.
- **Initially aim to delay going to pee for just a couple of minutes**, then as you can gradually increase this with the aim of urinating every 3-4 hours.

URGE DELAY TECHNIQUES

Try these techniques to reduce the urge and delay going to the toilet if it has been less than 3 hours since you went to urinate.

- **Sit down**
- **Distract yourself** – count or say the alphabet backwards, put on the TV/Radio, sing a song, make a phone call.
- Apply pressure to the perineum by **holding yourself down below** or **sitting on a chair with a rolled up towel so that the towel is positioned between your legs**.
- **Do a gentle pelvic floor contraction** – aim to hold for 10-15 seconds, relax, repeat several times
- Use tummy breathing techniques:
 - Take a gentle deep breath in through your nose feeling your stomach gently expanding; you are not forcing it out. Then gently exhale through the mouth making the out-breath last a little longer than the in-breath.
- The same level of nerves in the back that supply the bladder also supply the muscles in the calves and the feet. When you get the urge to go, you can **stand on tiptoes or wiggle your toes**
- **Once the overwhelming urge has disappeared, continue normal activities or if you still need to empty your bladder walk to the toilet calmly.**

Tip: Whilst walking calmly to the toilet you can continue to use some of these techniques to calm the urge and help you get to the toilet on time.

E.g. count backwards in 3's from 100 or continue to hold yourself below.