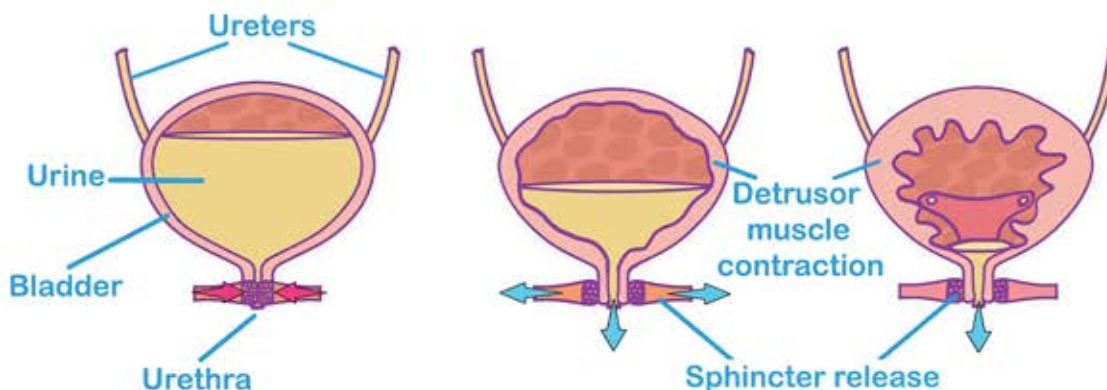




Bladder Retraining

The bladder is a storage organ and is designed to be able to store urine until such time comes where you go to the toilet to empty it. The bladder empties when the pelvic floor and sphincter muscles relax and the bladder muscle (detrusor muscle) contracts.

The bladder should be able to hold approximately 400-600mls of urine and normally you would expect to get the first urge (a mild urge) to go to the toilet when there is roughly 200mls of urine in the bladder. However for some people the bladder begins to send messages to the brain that it is full when there are only small amounts of urine in there. This can lead to urgency to urinate, urinating too frequently and sometimes leaking with little to no warning or on the way to the toilet.



Detrusor muscle relaxed,
sphincter closed

Detrusor muscle contracted,
sphincter released