



## BLADDER TRAINING

This plan will help you regain control of your bladder.

**GOAL:** Urinating every 3 or 4 hours during the day without fear of wetting accidents.

Do your best to follow the same schedule each day during waking hours. You may need to get used to the idea that you can wait longer before going.

- Urinate each day when you get up. And each night before you go to sleep.
- Try to increase your time between bathroom visits during the day. Do you go every hour now? Try to wait 1 hour and 15 minutes.
- When you can wait that long without a problem for 1 or 2 weeks, try to increase the time. Try 15 minutes more first. Then, little by little, wait longer.
- Stick to your timing as much as you can, whether or not you have to go.
- Have a strong urge to go before your scheduled time? Work with techniques below to put off going until the scheduled time.

### **CONTROL TIPS:**

- Perform 5 quick, strong pelvic muscle contractions. They'll help calm the urge.
- Try to distract yourself:
  - Count backwards from 100 by 7s.
  - Recite a poem from memory
  - Balance a checkbook, do handwork (sewing, knitting), or write a letter.
  - Sit down and take 5 deep breaths. Focus on your breathing, not your bladder.
  - Try positive self-statements. Tell yourself: "I am the boss, not my bladder."
  - "I am in control." "I can beat this!"

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