

BLADDER: TIPS to DECREASE URINARY URGENCY and FREQUENCY

To Help "Make it to the bathroom"...

SLOW DOWN

Hurrying to the bathroom can cause an "adrenaline rush". Your bladder muscles will contract in response to this, making the urge to urinate feel stronger. Walk slowly for better control.

DIAPHRAGMATIC (DEEP BELLY) BREATHING

Slow, deep breathing calms the nervous system, which in turn decreases the input to the bladder and helps to decrease urgency.

AUTOGENIC RETRAINING

Repeat a positive sentence in a breathing pattern. For example, inhale saying, "I am in...", exhale saying slowly "control."

To Help Delay Urination Until Convenient...

SIT DOWN

Pressure on the perineum (crotch area) inhibits bladder contractions. Sit on the edge of the couch or a chair. In a non-social situation you can sit on your hand. Cross your legs. You can even sit on a rolled up towel.

QUICK FLICKS

Perform 4 - 5 quick strong contractions of the pelvic floor. This utilizes an inhibition reflex between the pelvic floor and the bladder muscle.

DISTRACTION

Do math in your head, such as multiplication tables, recite the pledge of allegiance or a favorite prayer. Do a crossword puzzle. Watch TV. Visualize a favorite time or place.

UNDERSTANDING URGE

The first urge to urinate usually occurs when the bladder is half full. If your bladder is over-sensitive, it may feel as if it is full, but it really is not. Your brain is getting false information. A history of leaking may make you want to go to the bathroom very quickly to avoid a leak, making the urge seem even stronger.

"RIDE THE WAVE"

The urge to urinate is often described as a "wave". When the urge first appears, sit quietly. Know that it will get stronger and peak. Attempt some urge suppression tips such as muscle tightening or deep breathing. Once it subsides, then calmly walk to the bathroom.

SCHEDULED OR "TIMED" VOIDS

If you find yourself going to the bathroom more than 7 - 8 times a day, scheduling your bathroom trips can help increase the time between each visit.

For example, you have determined you go to the bathroom every hour. Start to slowly increase that time frame by small intervals.

Use the techniques above to stretch the time between your next visits to 1 hour 15 minutes.

Once this becomes easy to achieve, space it out another 15 minutes until you are going every 2 - 4 hours.