

# Bladder Training

## The following are some things that may help make your bladder retraining successful:

- Focus on success – not on setbacks.
- Be patient; bladder retraining will not be a success overnight. You will need to work hard at it for some weeks.
- Limit beverages that increase urination, including caffeinated drinks like sodas, coffee and tea.
- Drink less fluid before bedtime.
- Do pelvic exercises regularly.
- Know the color and odor of your urine, if something unusual is noted, consult with your doctor.

## Five steps to bladder training:

### Step 1:

For 1-2 days, take note of how many times you urinate or leak.

### Step 2:

Each day, calculate the number of hours you wait between each urination.

### Step 3:

Based on your calculations, choose an interval long enough to hold between urinating.

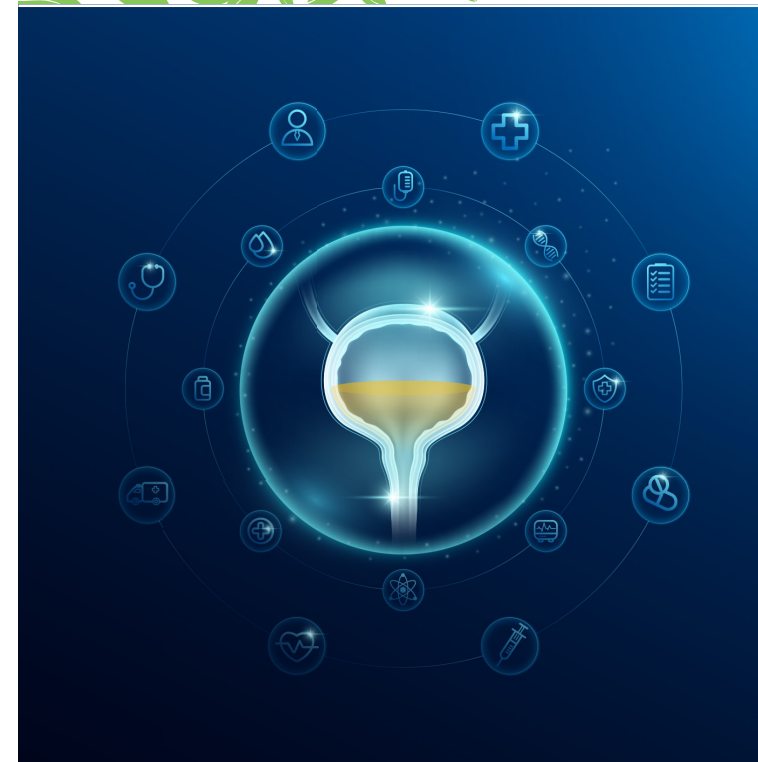
### Step 4:

Empty your bladder first thing in the morning. Add 15 minutes to each interval each day. Continue with this training.

### Step 5:

Once comfortable, increase the intervals by another 15 minutes.

Bladder Training depends on what cause the problem. Bladder incontinence training is typically used to treat urinary incontinence (involuntary loss of urine) Such as: Urge incontinence (feel of strong urge to pass urine), Overflow incontinence (problem to empty bladder completely that causes leakage), Stress Incontinence (sudden pressure on stomach due to coughing, sneezing, or laughing causing passing urine accidentally).



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24-0341

Bladder Training

The time between emptying your bladder and the amount of fluids your bladder can hold.

Bladder training requires following a fixed voiding schedule. If you feel like passing urine before the assigned interval, you should use urge suppression techniques such as relaxation and Pelvic Floor muscle exercises or Kegel Exercises. To do a Kegel, squeeze muscles your normally use to stop flow of urine. Hold contraction for 5 seconds, and relax for 5 seconds and slowly increase to 10 second-contractions with 10 seconds of rest in between. Complete 10 contractions each day.

If you have difficulty performing these exercises, discuss this with your healthcare provider. It can help to improve bladder incontinence and prevent it from getting worse. It can help to control the feeling of passing urine.

Keeping a diary of your bladder activity is important. This helps your healthcare provider know where to start the training and monitor progress throughout the program.

Bladder Diary:

Bladder Diary							
Date		Drink		Urine		Leakage	
Time	Type	How much (mls)	Volume of Urine (mls)	How Urgent 0-3 3= most urgent	Leakage with urgency	Leakage with activities	Pad change

Sample Diary

Sample Diary							
Date		Drink		Urine		Leakage	
Time	Type	How much (mls)	Volume of Urine (mls)	How Urgent 0-3 3= most urgent	Leakage with urgency	Leakage with activities	Pad change
02:00			150 mls		Y		
07:00	Mug Coffee	250 mls	250 mls				
08:00			60 mls			Cough	P
09:00	Cup of Juice	200 mls				Sneeze	
10:00			100 mls				
12:00	2 mug coffee	500 mls					

Bladder Diary:

It is a simple chart that allows you to record the fluid you drink and amount of urine passed during the day and night, and write down how many times you accidentally passed urine. It can give information for healthcare professionals to treat your bladder problem and monitor effects of treatment. The diary must be completed for over 3 days, not necessarily consecutive days before scheduled clinic appointment. From your diary you will be able to identify how long your bladder can hold on until it needs to be emptied. You and your healthcare provider can set realistic goals that can help your bladder become stronger.

Bladder Retraining Instructions:

- At night, empty your bladder before you go to bed and try and resist any urge to further empty your bladder before you go to sleep. As soon as you get up in the morning, you also need to empty your bladder.
- Go to bathroom as per specific scheduled time. Wait until next scheduled time before you urinate again. Follow the schedule during waking hours only. At night, go to toilet only if you awaken and find it necessary to pass urine.
- When there is an urge to pass urine before scheduled time, use "Urge suppression" techniques like deep breathing. If possible, sit down and relax muscles until sensation to pass urine disappears. If urge is stopped, follow the bladder schedule. If you cannot control the passing of urine, wait for 5 minutes then slowly go to the toilet and void and try to restart and follow bladder training schedule. Repeat process when you feel like passing urine. Try not to rush to toilet as soon as time is up. Try if possible to resist that further urge.
- When initial goal are met, slowly increase time between 15 minutes interval to empty bladder. Increase interval each week until you reach a 3-4 hours voiding interval.
- It will take 6-12 weeks to accomplish the ultimate goal.