



## URGE CONTROL TECHNIQUES

- 1) Sit down, if possible. If you cannot sit, stand quietly. The goal is to start to quiet the nervous system, to give you more time to get to the bathroom.
- 2) Perform 10 quick kegels. This sends a message to your bladder, telling it not to contract, by “closing the door”.
- 3) Relax. Take a couple of deep breaths from your belly. As you inhale, your belly should inflate. As you exhale, your belly should deflate. Again, we are trying to calm down the nervous system, to buy more time to get to the bathroom.
- 4) Finally, distract yourself from thinking about your bladder or using the bathroom.

If you have met or surpassed your target timeframe, calmly walk to the bathroom and urinate. If you haven't, repeat the above steps as necessary until you have reached your timeframe.

### *Why am I having bladder issues?*

The bladder fills and stretches like a water balloon, which sends a message to the brain that it is time to urinate. The brain sends out 2 messages in return – it tells the bladder to contract so the urine can be released, and it tells the pelvic floor muscles to relax for the urine to exit the body. Sometimes this process is altered or interrupted, which requires a period of retraining the bladder to function normally.

### **Tips for success**

- Avoid foods and beverages that irritate your bladder (caffeine, spicy foods, acidic foods, artificial sweeteners, alcohol)
- Drink at least 4 glasses of water per day, to avoid urine that is too concentrated, which can be irritating to the bladder
- Maintain good bowel habits, avoiding constipation
- Avoid going to the toilet “Just in case”. This can form bad habits.