

UROLOGY NURSES

01935 384394

Bladder Training

Information for patients

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NHS Trust

Urology Department

We believe that your frequent/urgent need to pass urine and sometimes leakage of urine is due to your bladder muscle having over-active contractions. We can help you cure this, providing we have your co-operation and you have determination.

Your attitude of mind is one of the most important aspects of this treatment and we feel sure you will accept the challenge.

The purpose of bladder training is to help you regain control of your over-active bladder by suppressing its contractions. You must gradually increase the capacity of your bladder and the time interval between voiding (passing water).

Start by voiding every hour on the hour whether you need to or not, from when you get up in the morning until you go to bed at night, but try very hard not to void at any other time, i.e. in between your set times.

If you have difficulty doing this, try and distract yourself by doing something such as making a drink, sitting on your feet, crossing your legs or sitting on a rolled up towel to prevent yourself from voiding before the time is up. Practice this for 3-4 days; when you feel you have mastered this, gradually extend the time between voiding.

For example

1 1/4 hours for 1 week until mastered

1 1/2 hours for 1 week or until mastered

1 3/4 hours for 1 week or until mastered

2 hours for 1 week or until mastered

2 1/4 hours for 1 week or until mastered

2 1/2 hours for 1 week or until mastered

2 3/4 hours for 1 week or until mastered

3 hours for 1 week or until mastered

It is important to carry out pelvic floor exercises at the same time in order to control your bladder.

Remember it is important to keep your fluid intake at a reasonable level—8 cups of fluid a day.