



Southern  
Urogynecology

Center for Incontinence and Female Pelvic Medicine

## **Bladder Training Improving Bladder Problems without Surgery**

The goal of bladder training is to help you regain control of your bladder problems. Your problem may be manifested by frequency and urgency, or loss of urine associated with a strong desire to void. The process of bladder training is to increase the amount of time between each urination (voiding or going to the bathroom). This seems simple, and it will be at first, but as the sessions lengthen, it will require some practice on your part.

Bladder training begins by going to the bathroom (voiding) at specified times, so that a pattern develops. Then the time interval between voids is gradually increased. To be successful, you should try to not urinate more frequently than the prescribed time. Even if it means you again experience some urine leakage when voiding schedules are increased or changed. Do **NOT** go back to voiding more frequently but persist with your new schedule. Doing this will break the cycle of your bladder running your life, and will give you back control over you bladder.

### **How to Begin Bladder Training:**

Begin by trying to wait \_\_\_\_\_ hour(s) between urinating. You should however; empty your bladder at the end of this time interval **even if you can wait longer**. Once you have been successful with this time interval for 1 week, you may increase the time between each urination by 30 minutes and so on until you reach 4 hours between voiding. If you get the urge to void before your scheduled time, quickly do a kegel squeeze (separate instructions) and the breathing relaxation technique at the same time. This involves **taking three slow**, deep breaths in and out through your mouth until the urge sensation fades away. **HOLD THOSE MUSCLES TIGHT!** Please don't give up! It could take a week or more before you are successful with the voiding schedule without leaking urine. See the back of the page for an example

Keep a urinary log and record the time of each urination. This will help you see how well you are doing in the training of your bladder. Bring this log with you on your next office visit, so we can see how well you are doing. If you have any accidents, be certain to also record the time of day and reason for each accident. Please write the amount in ounces or cc's beside the time you void if you have been asked to do so.

Empty your bladder immediately before going to sleep, as this will allow you longer uninterrupted sleep. Do **NOT** follow your new bladder schedule during sleeping hours.

### **Bladder Training Works!**

Studies report an 80%-90% improvement within six weeks and resolution of symptoms in four to six months. However, this does require an active role on your part. Remember, be honest with yourself and try not to cheat.

**SUCCESS DEPENDS ON YOUR MOTIVATION  
DON'T LET YOUR BLADDER CONTROL YOU!**

Please call if you have questions or are confused about any of the training, Please contact our office:  
**803/457-7000**

- 1. Keep busy, distracted, avoid bathroom**
- 2. Kegels 3-5 times, hold each one for 10 seconds**
- 3. Take slow big deep breaths thru your mouth**