

Bladder Retraining Instructions



These methods are to help you regain control; think of it as "mind over bladder."

- 1. Start by going to the toilet and trying to pass urine every two hours while you are awake. You do not have to get up during the night!**
- 2. You must try to void whether you feel the need or not. You must try to void even if you have just been incontinent.**
- 3. If you get an urge to go to the bathroom before your scheduled time:**
 - Stop, don't run to the bathroom!**
 - Stand still or sit down if you can.**
 - RELAX. Take a deep breath and let it out slowly.**
 - Concentrate on making the urge decrease or even go away, anyway you can (imagine the pressure becoming less and less).**
 - When you feel IN CONTROL OF YOUR BLADDER, walk slowly to the bathroom, and then go.**
- 4. Keep this schedule until you can go two days without an accident. Then, increase the time between scheduled trips to the toilet by one hour. When you can go two days without an accident, extend the time between trips again.**
- 5. Keep this up until you can go 3-4 hours between trips to the toilet (which is NORMAL), or until you are comfortable. This usually takes several weeks.**
- 6. DON'T GET DISCOURAGED! Bladder retraining takes time and effort, but it is an effective way to get rid of incontinence without medication or surgery.**