**Bladder Training**

**Begin retraining your bladder by doing the following:**

1. Go to the toilet and empty your bladder every during waking hours only.
2. Do so regardless of whether you feel the urge to void or not.
3. The amount of urine is irrelevant.
4. The important aspect is the voluntary mechanics of voiding.
5. Avoid going to the toilet between scheduled times.
6. Make a special effort to suppress urgency. **Squeezing the pelvic floor muscles (Kegels) helps decrease the feeling of urgency.**
7. Don’t drink citrus juices and eat citrus fruits sparingly. No caffeine, alcohol, sugar substitute, carbonation, or chocolate. See if you can identify any other foods that irritate your bladder.

**After ONE week, increase the time between Voiding By 15 Minutes.**

Examples: First week void every .

Second week void every \_\_\_\_\_\_\_\_\_\_.

Third week void every \_\_\_\_\_\_\_\_\_\_\_.

Do this until you have reached a time span of between voiding.

If you have any questions, call the office and request a return call from your Doctor’s nurse

(509) 252-4200.

**Bladder Training**

The goal of this bladder-training program is to increase the interval between voiding, up to

hours, and to restore continence and adequate urinary control.

The healthiest average interval between urination is an average of 3-4 hours during the daytime and 4-8 hours at night. This may mean some episodes of 1-2 hour intervals (typically morning) and some episodes of 5 hour intervals (typically afternoon). At night, 4-8 hour intervals are normal.

Most bladders are “trained” into this healthy pattern at a young age.

The bladder muscle is called the detrusor muscle. The detrusor muscle is designed to be “quiet”or stay at rest most of the time.

When the bladder starts to get full it sends a signal of urge. However, the detrusor muscle is not meant to respond unless you consciously tell it to: that is, when you are on the toilet! **It’s a case of mind over bladder!**