

Basic Tips for Bladder Training

Bladder training helps to cut down the number of times you have to go to the toilet (to pass urine) every day. It helps to stop urine leaking from your bladder when you really need to go to the toilet.

How should I do it?

You should keep a chart of:

- When and how much you drink;
- When you go to the toilet during the day and night;
- Any times you are wet;
- How much urine you pass each time you go to the toilet;
- A chart will be given to you to keep, please try and use it for at least three days.

You should not drink anymore than two litres of fluid every day. Your kidneys will produce more urine if you have caffeine, fizzy drinks and alcohol. So if you drink a lot of tea or coffee, change to decaffeinated and if you drink lots of fizzy drinks, have squash or juice instead. You should also cut down on how much alcohol you drink.

You should look at your chart and count how many times you go to the toilet every day and night. Also, look at the longest time between your visits to the toilet, and the largest amount of urine you have passed. This will show how much your bladder can actually hold. You should try to increase the time between visits to the toilet. If you go every two hours, try to hold on for an extra half an hour. If this is too difficult, try to hold on for an extra quarter of an hour and when you can do this easily, increase it again so that eventually you go to the toilet every two and a half hours.

You should gradually increase the time between your visits to the toilet until you are only going six or seven times a day, and no more than once a night.

Keep on filling in the chart and you will be able to see how much more urine your bladder can hold, and the reduction in the number of times you are going to the toilet.

If your Doctor has given you medicine, show him or her charts and they will be able to see how your bladder training is going. Or, you can talk to your local continence specialist Nurse.