

Taking control of your bladder

The following tips can help you reach the toilet without the bladder leaking, and to decrease the number of times you go to the toilet.

1. When you have a sudden strong urge to empty your bladder, try one or more of the following:
 - Relax, breathe slowly and evenly
 - Curl your toes against the floor
 - Move ankle up and down
 - Firmly rub the backs of your calves
 - Calf stretch
 - Long strong pelvic floor muscle squeeze
 - Place hand between your legs and press, or sit on the edge of a chair or on a rolled-up towel
 - If you are walking – slow down and use heel-toe walking
 - Place a finger directly under your nose and press hard
 - Press on the inside of your leg – about 5 cms above the ankle bone
 - Distract yourself. Think about something else such as three names starting with A, then B etc.
2. When the urge has passed, walk slowly to the toilet
3. If the strong urge returns on the way to the toilet, stand still and try the above strategies again until you can walk slowly without urgency. Continue to the toilet.
4. Your Therapist may recommend the above strategies to increase the amount of time between going to the toilet.
5. It can take time to find the solution that works best for you – keep in touch with your Therapist.

Inspired by
You



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