

Bladder Health Class – Taking Control

Gadiolus

Part 2

What You Are Going To Learn Next

1. How to do pelvic floor muscle exercises
2. How to use the “squeeze trick” to prevent urine leakage
3. How to control your bladder urges and prevent urine leakage
4. How to reduce frequent trips to the bathroom by retraining your bladder

Research has shown you can reduce your bladder symptoms by more than 50%

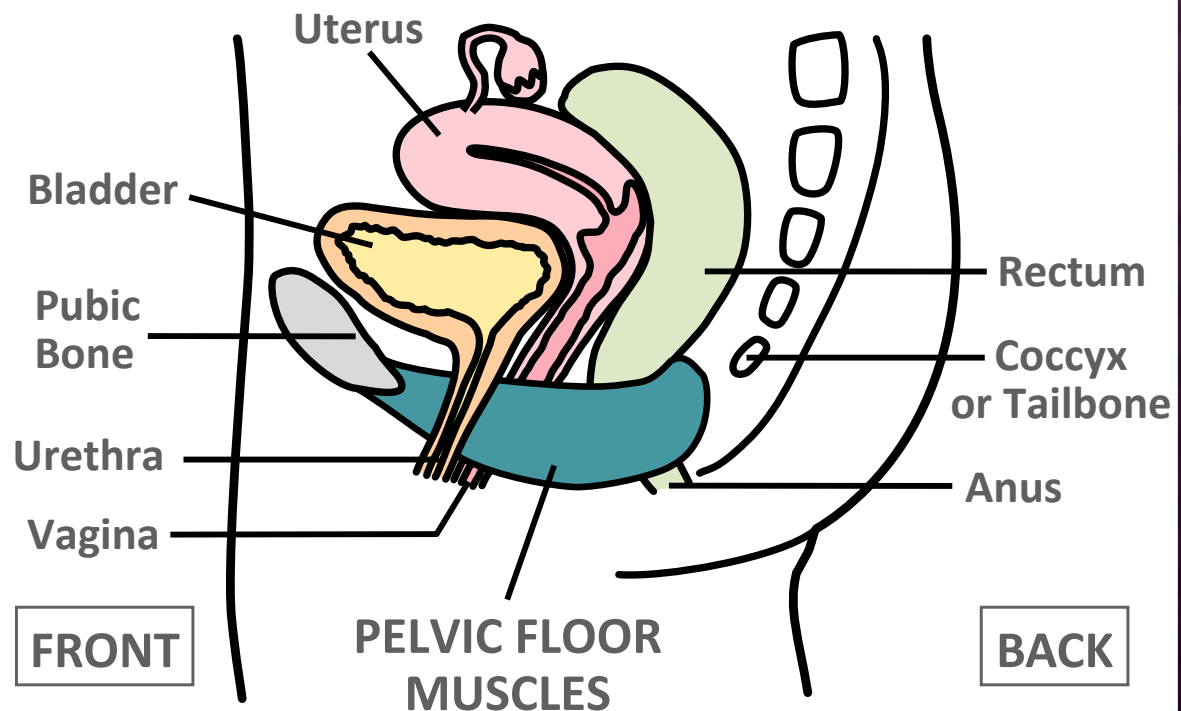


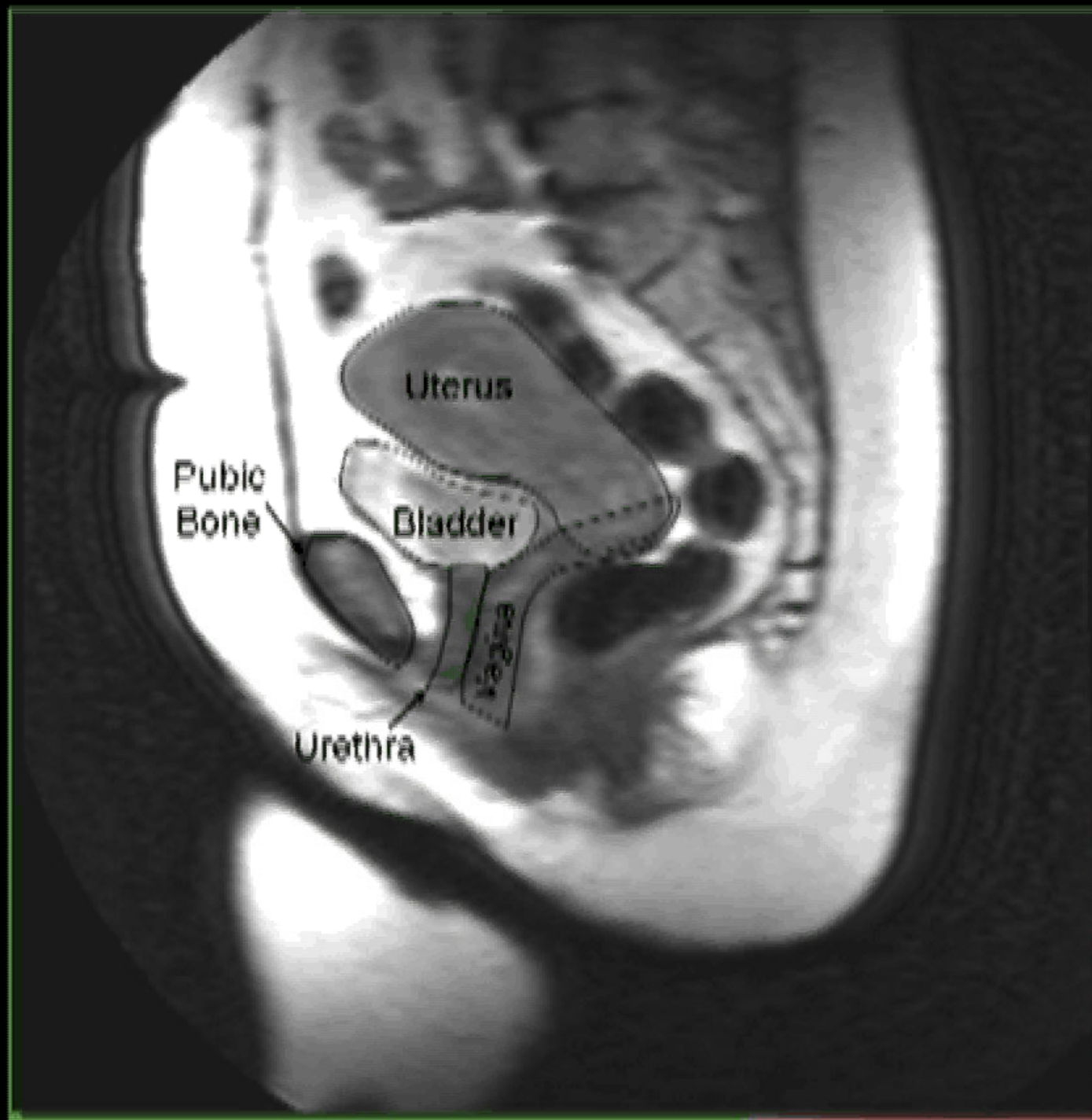
Your Pelvic Floor Muscles

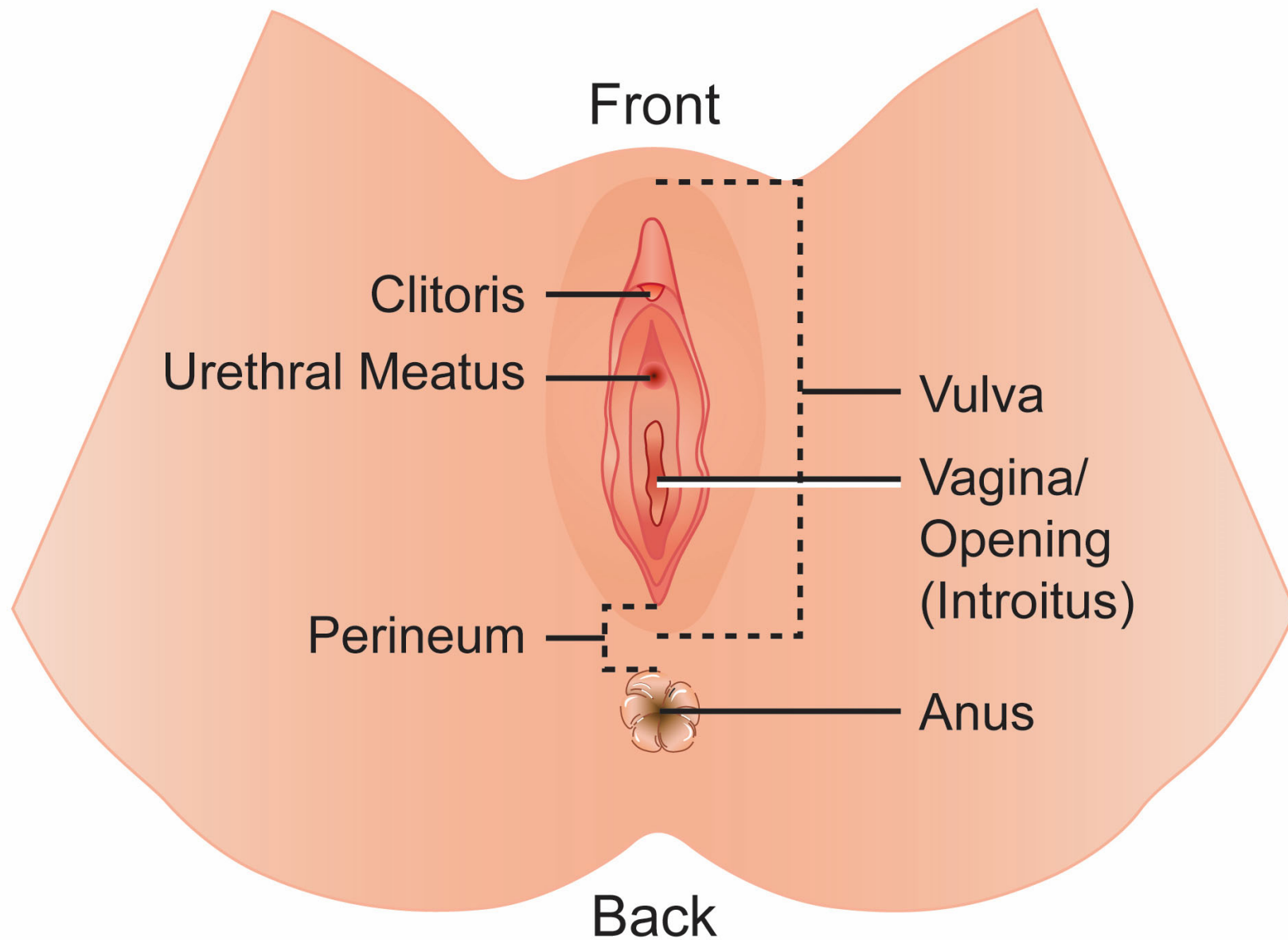
❖ Finding your muscles

- ◆ By holding back gas
- ◆ By slowing or stopping you urine stream
- ◆ By not pushing out or bearing down when urinating

❖ Learning how to do the exercises





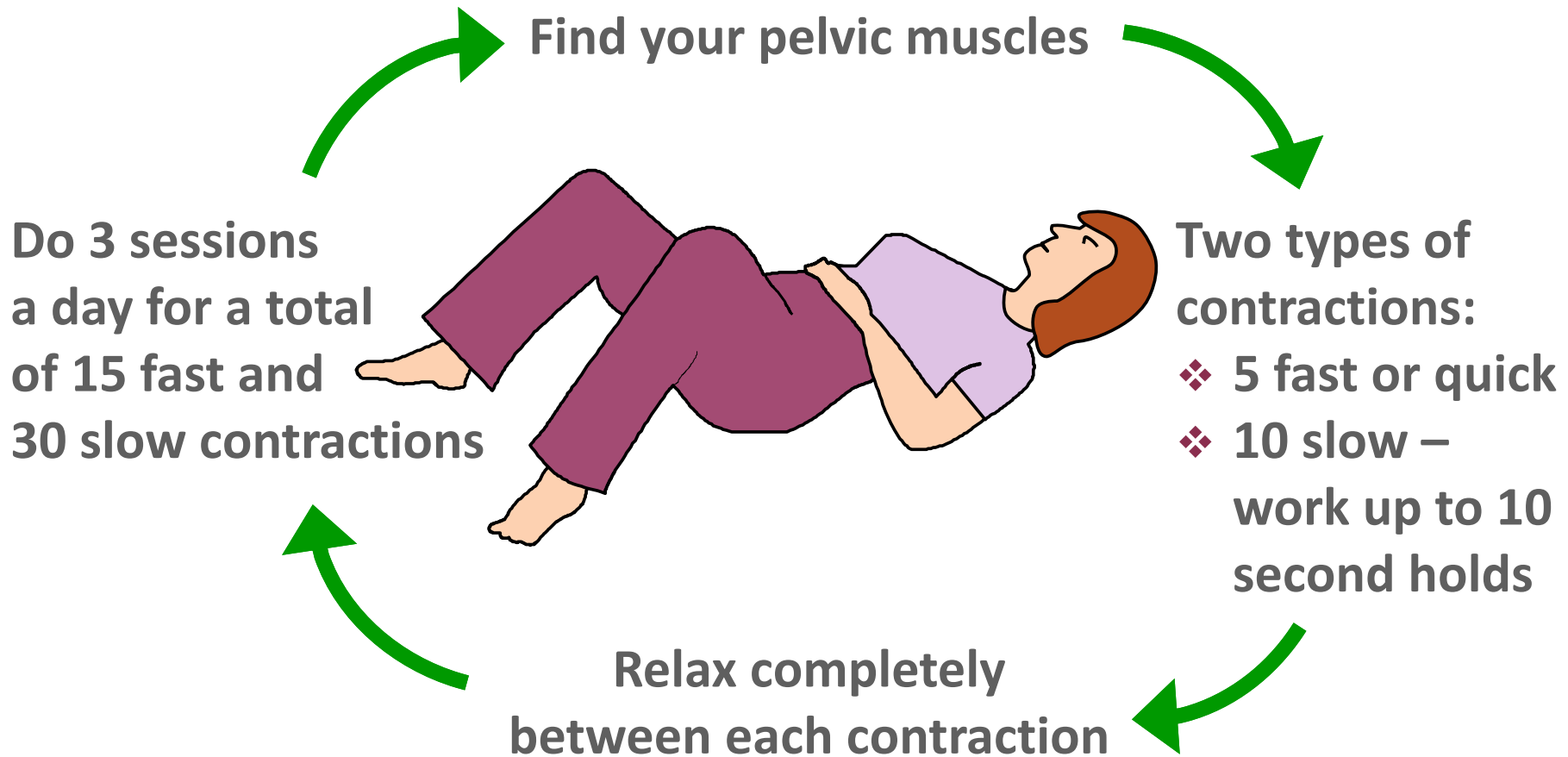


Pelvic Floor Muscle Exercise

- ❖ 5 fast squeezes
- ❖ 10 slow squeezes
 - ◆ Start by holding for 2 seconds and work up to a 10-second hold
 - Relax for 10 seconds between each muscle squeeze
- ❖ Do this 3 times a day
- ❖ That totals 15 fast & 30 slow squeezes a day



Pelvic Floor Muscle Exercises



Let's Do A Practice Session

- ❖ 5 Fast

- ❖ 10 Slow

 - ◆ Rest 10 seconds between each squeeze

- ❖ Do 3 sessions like this every day

- ❖ Learn by lying down, then can advance to other positions



Make It A Habit!

- ❖ Think about YOUR day
- ❖ Is there something you do EVERY day?
 - ◆ Brushing teeth?
 - ◆ Empty the dishwasher?
 - ◆ Fold clothes?
 - ◆ Watch a favorite TV program?



Going the Long Haul!

- ❖ Use the GLADIOLUS Magnet as a reminder
- ❖ “What if you fall off the wagon?”

**DO NOT WORRY –
JUST PICK IT BACK UP**



Reward Yourself



Controlling Stress Incontinence

“The Squeeze Trick”

- ❖ Well-timed squeeze can avoid leakage
- ❖ Use when you feel a cough or laugh coming on
- ❖ Use when you lift your grandkids or something heavy
- ❖ Use when you blow your nose
- ❖ “Squeeze Before You Sneeze”

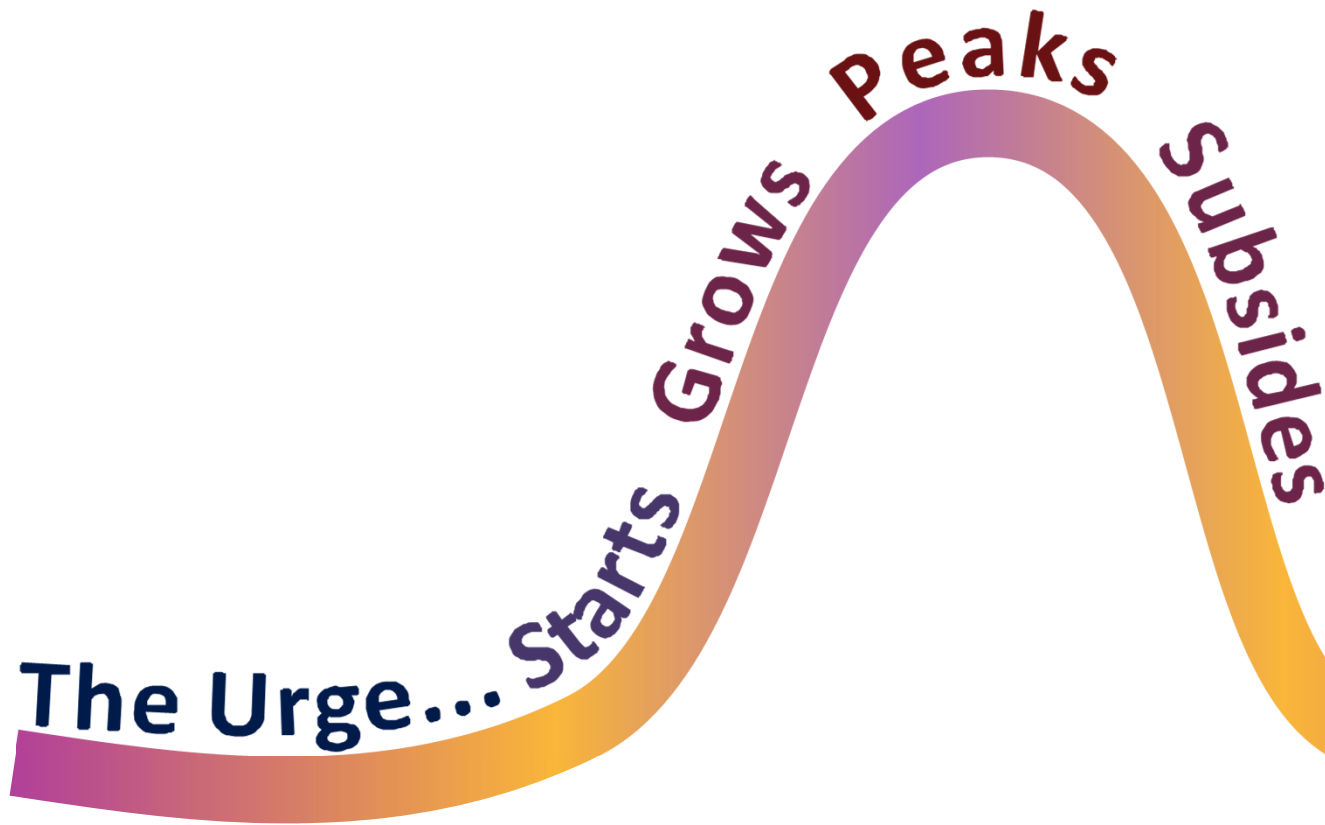


Controlling Your Bladder Urges

- ❖ You can use the pelvic floor muscles to:
 - ◆ To control bladder urges
 - ◆ To prevent urge leakage
 - ◆ To lessen frequent trips to the bathroom



Urge Wave



Stay Away from the Bathroom

- ❖ Seeing the bathroom **triggers** the urge to urinate
- ❖ Seeing the toilet can actually make you lose control
- ❖ You can control the urge without emptying the bladder
- ❖ Use the urge strategy instead!



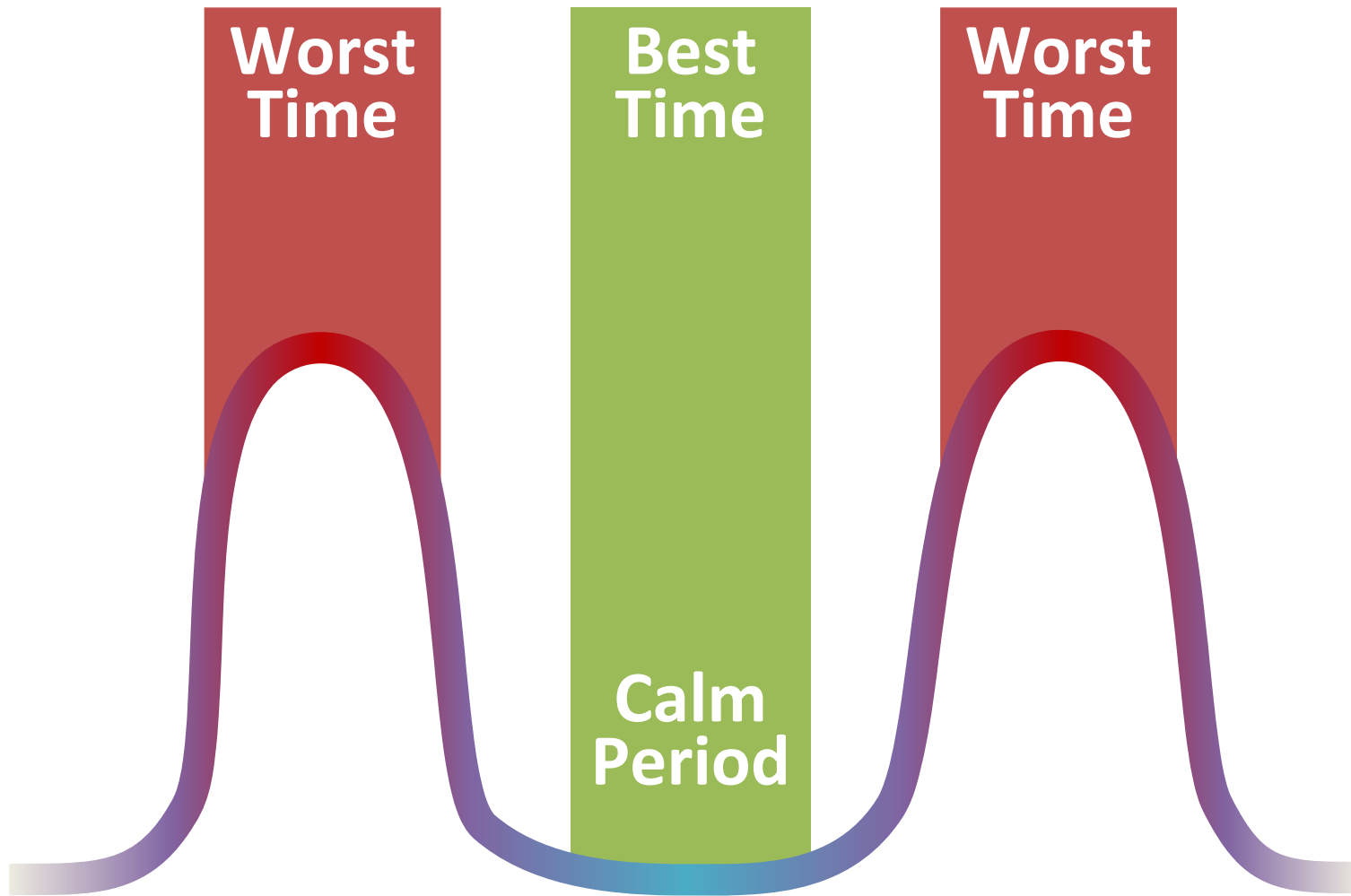
Don't Rush to the Bathroom!

Rushing...

- ❖ Jiggles the bladder, increasing the feeling of fullness
- ❖ Can trigger more urge and bladder leakage
- ❖ Increases pressure in the abdomen, pushing urine out
- ❖ Interferes with concentration you needed to control your bladder



When to Urinate



Adapted from Burgio et al. *Staying Dry: A Practical Guide to Bladder Control*. 1989. Used with permission.



Urge Suppression Strategy

- ❖ Do **NOT** rush to the toilet
- ❖ Stop, sit down if you can, and stay still
- ❖ Squeeze your pelvic floor muscles 3-4 times
- ❖ Relax the rest of your body and take a couple slow deep breaths
- ❖ Concentrate on suppressing the urge
- ❖ Then **WAIT** until the urge subsides
- ❖ Walk to the bathroom at a normal pace



What about Bladder Training?

- ❖ Teaches you to urinate on a schedule instead of just when you have an urge to go
- ❖ Teaches you to increase the time between visits to the bathroom
- ❖ Research has shown:
 - ◆ About 10% of women became continent!
 - ◆ 75% of women cut their leaking in half!
 - ◆ Urinating every 3 to 4 hours is healthy



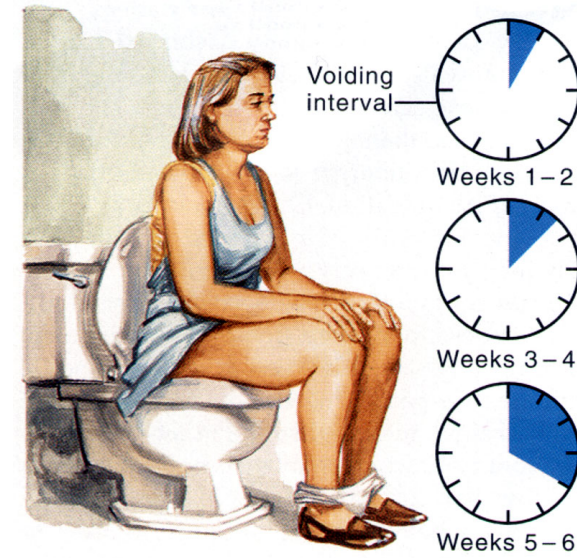
Bladder Training: Do You Need It?

- ❖ Goal: Average of 3 to 4 hours between bathroom visits while awake
- ❖ Time how often you use the bathroom during awake time each day
- ❖ If you are going more often than every 3 hours, you should work to go less often



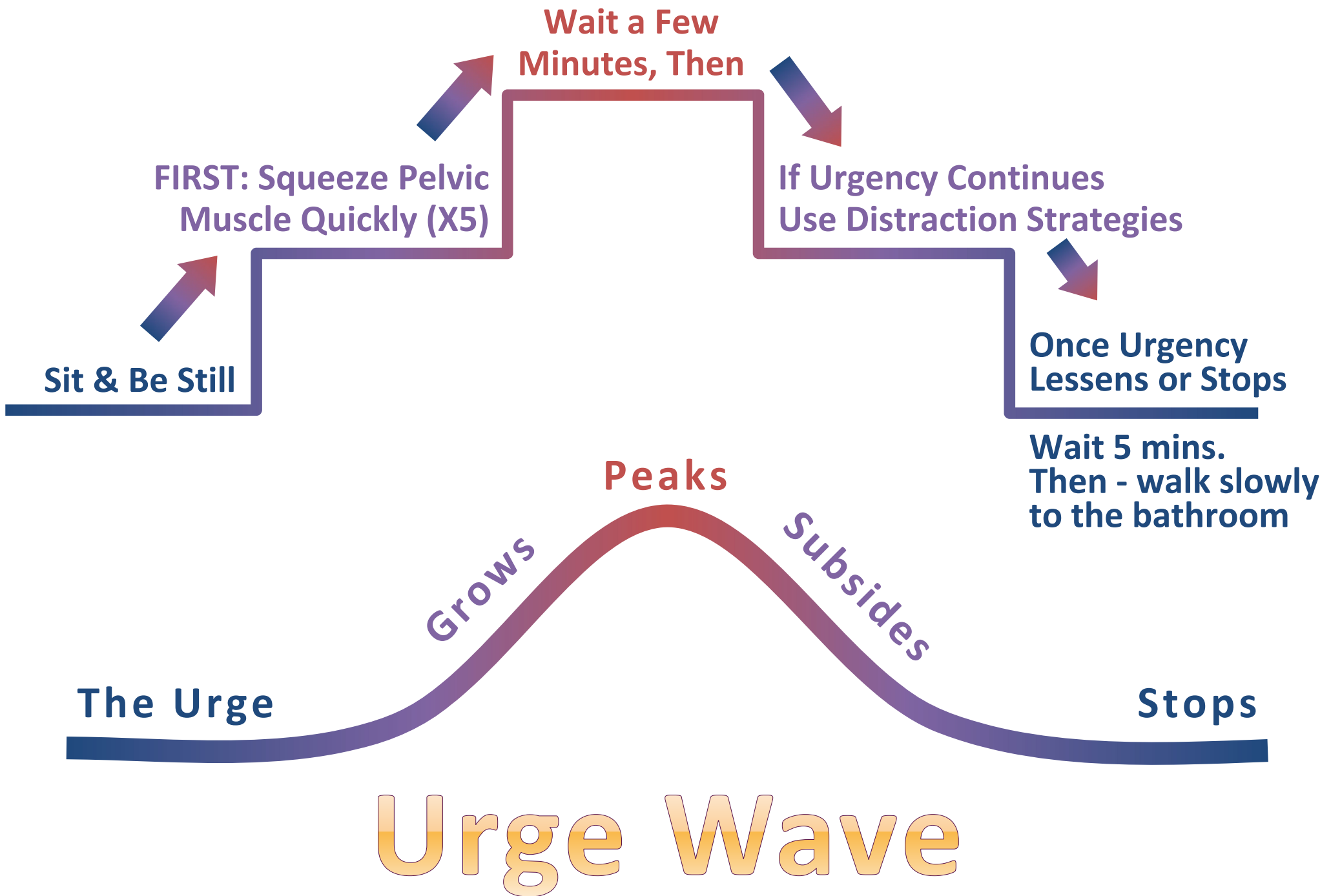
Bladder Training: How to Do

- ❖ Start where you are – the interval on your card
- ❖ Urinate on that schedule for at least a week
- ❖ When comfortable, try to add 10-15 minutes to your interval for a week or so



**GOAL: average of 3 to 4 hours
between bathroom visits while awake**





Getting Started With Bladder Health

- ❖ Reasons to do the Pelvic Floor Muscle Exercise Program, the “Squeeze Trick”, Urge Suppression Strategy, and Bladder Training
- ❖ What could interfere?
- ❖ How can you overcome?



Realistic Expectations

- ❖ The learning curve is gradual
 - ◆ It takes time
 - ◆ Not “overnight” like drugs or surgery
- ❖ The learning curve is not usually smooth
 - ◆ There will be ups and downs
 - ◆ Good days and bad days
- ❖ Your progress depends on you
 - ◆ Self-management
 - ◆ Practice makes perfect



Do It For Yourself Do It For Your Family



Keeping It Going Stay Healthy

Self Rewards



Healthy Bladder Habits are for Life!

Patient Name: _____

Address: _____

Rx: So Remember To Do:

- 1. Pelvic floor muscle exercises**
- 2. The "Squeeze Trick"**
- 3. Urge Strategies**
- 4. Bladder Training**

Do Not Refill _____ M.D.

Refill _____ Times

D.E.A. Number _____

Date _____

Print Last Name _____



A close-up photograph of several pink flowers, likely gerberas, with green leaves in the background. The image is framed by a thick pink border. A semi-transparent pink rectangle is overlaid in the center, containing the congratulatory text.

Congratulations

to

YOU

for successfully completing the Bladder Health Class