

TAKE CONTROL OF BLADDER URGENCY: A GUIDE TO BLADDER TRAINING

Many people feel a sudden, strong need to pee that can lead to leaks. This guide will help you understand what's happening — and what you can do to take control.

What is Bladder Urgency? The urge to pee (urinate) is normal and happens when your bladder is filling. You should be able to walk to the bathroom without rushing or worrying about leaking. But some people have an overactive bladder and feel a sudden, intense urge to pee that's hard to ignore. This is called **bladder urgency**.

Bladder urgency is a signal from your brain that your bladder wants to empty immediately. It often comes on suddenly, feels strong, and is not expected. Urgency can cause you to pee more often, and it may lead to bladder leaks (called **urinary incontinence**) before you reach the toilet. These leaks can be small dribbles or your whole bladder emptying.

Triggers that can bring on urgency include:

- Hearing running water
- Putting your key in the door lock
- Washing dishes or clothes
- Seeing a bathroom sign

What is Bladder Frequency? Bladder frequency means you pee often — usually 8 times or more in a day. This can get worse if you start going to the bathroom "just in case." Your bladder gets used to holding less urine and tells you to pee sooner.

Understanding Urgency Leaks: Urgency bladder leaks happen when your bladder muscle starts squeezing before you're on the toilet. The urgency comes in **waves**:

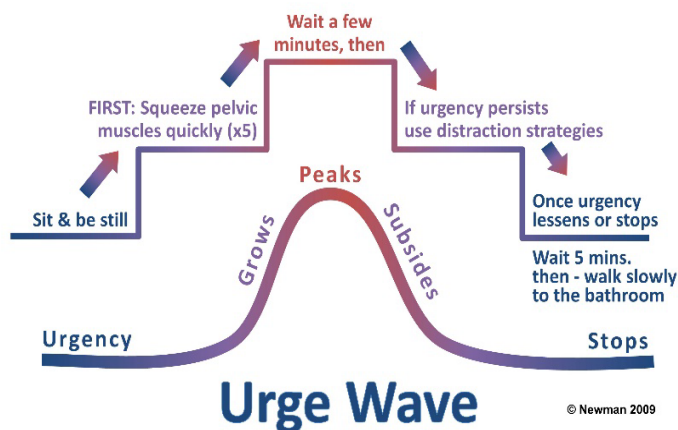
1. It starts.
2. It builds.
3. It peaks.
4. Then it fades and stops.

Learning to ride out the wave helps you regain control.

How to Manage Bladder Urgency: Bladder Training Tips Use the method of **urge suppression** — calming messages to your brain that reduce the need to pee.

When you feel a strong urge to pee:

- **Stop and stay still.** Sit if you can.
- **Squeeze your pelvic floor muscles** (the ones you use to stop gas or urine) quickly 3–5 times.
- **Relax your body.** Take a slow, deep breath.
- **Focus on stopping the urge.** Say to yourself, "I can wait."
- **Distract yourself** with a mental task (see tips below).
- **Wait for the urge to fade.** Then walk to the bathroom calmly.



Other Helpful Techniques

- **Relaxation:**
 - Sit comfortably, close your eyes.
 - Relax from your feet upward.
 - Breathe slowly and deeply.
- **Mental Distractions:**
 - Read a book or do a puzzle.
 - Make a to-do list.
 - Count backward from 100 by 7s.
- **Use Self-Affirmations:**
 - “I am in control.”
 - “I can wait.”

You may need to repeat steps a few times. With practice, it gets easier.

Try a Voiding Schedule Once you’re better at controlling urgency, try spacing out bathroom visits:

1. Wait 5 minutes after you feel the urge. If you can’t, go ahead and pee.
2. Build up to waiting 10 minutes.
3. Your goal is to pee every 3–4 hours.

If urgency comes back while walking to the toilet:

- **Stop.**
- **Squeeze your pelvic muscles.**
- **Wait for the urge to pass.** Then keep walking.

When to Practice Bladder Training: Start at home where the bathroom is close. At night, use the same tips. If you wake with urgency:

- Try the urge-control steps for 2 minutes.
- If the urge fades, go back to sleep.
- If not, use the bathroom and return to bed.

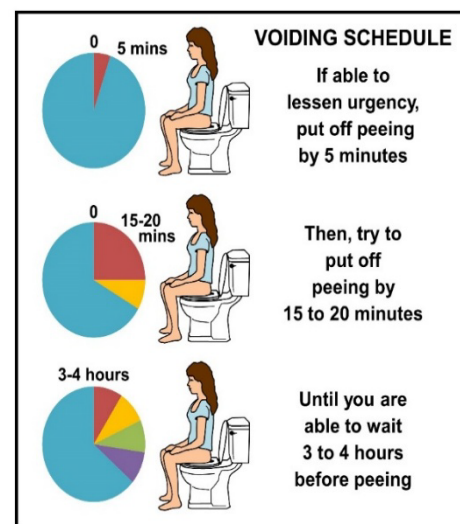
Always pee right before going to sleep.

How Long Until You See Results? In 3–4 weeks, you should notice improvement:

- Peeing every 3–4 (even up to 5) hours
- Fewer nighttime bathroom trips

If results are slow, don’t give up. It takes practice — but you **can** take back control.

You are in control, not your bladder. Keep practicing. You’ve got this!



You can practice bladder training by downloading and listening to the MP3 recordings on this Website.

<https://www.urotoday.com/video-lectures/pelvic-health-reconstruction.html>

[Pelvic Floor Muscle Rehabilitation Audio Resources](#)

Click on “Bladder Health Audio Resources”, the Icon with the headphones.