

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.

1. Go to the toilet and empty your bladder every _____ during waking hours.
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.
7. Do not feel embarrassed if you leak urine.

After one week, increase the time between voiding by 15 minutes.

Example: First week, void every _____.
Second week, void every _____.
Third week, void every _____.

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