

Advice for patients with urgency and/or urge incontinence

1. Eliminate caffeine.

Drink decaffeinated tea or coffee. No alcohol. Avoid chocolate. No coca cola.



2. Aim to drink 1.5 – 2 litres of fluid each day.

3. When you get the urge to urinate, you must HANG ON.

Here are some tips:

- Stand still or sit down
- Tighten your pelvic floor muscles
- Press on your pelvic floor with your hand or sit on a rolled up towel (lengthwise)
- Distract your mind (e.g. count backwards from 204 by 7's)
- Cross your legs

Don't panic. Wait until the urgency passes: 10 to 20 seconds, then carry on with your activity

4. Delay going to the toilet, gradually extending the time between voids.

Aim to void every 2.5 -3 hours

5. You are training your bladder to hold more urine; aim for 250 – 300 mL minimum.

6. If you get up more than once per night to empty your bladder, stop drinking 1 – 1.5 hours before going to bed.

You will have a good days and bad days to start with but DON'T GIVE UP!

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Reference: Borello-France, D. and Burgio, K.L., 2004. Nonsurgical treatment of urinary incontinence. Clinical obstetrics and gynecology, 47(1), pp.70-82.

This written information is to support the discussions held with your healthcare provider.



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