

ATHLETICO

PHYSICAL THERAPY

Better for every body.®

Techniques to Control Urinary Urge

When you experience a strong urge to urinate:

1. Stop whatever activity you are doing. Stand quietly or sit down.
2. Start performing phasic pelvic floor contractions. Repeat five to six times to keep from leaking. Pelvic floor contractions send a message to the bladder to relax and hold urine. Try to distract yourself by thinking about something other than going to the bathroom.
3. Relax, as the urge to urinate becomes less intense, slowly make your way into the bathroom. Breathe deeply and use distraction techniques to redirect your attention from the need to urinate. **DO NOT RUSH TO THE BATHROOM.**
4. If the urge to urinate disappears as you are performing this technique, return to the activity that you were performing before the urge to urinate occurred.

Tips to Remember:

1. This technique may not work as well if it has been several hours since you last urinated.
2. This technique will not work as well if you recently drank a large quantity of fluid.
3. This technique is less effective if you have recently drank a caffeinated beverage or alcohol.

Normal for the Average Person:

1. The average time between trips to the bathroom is 3-4 hours.
2. The average human bladder holds 16-18 ounces of urine.