

INSTRUCTIONS FOR CONTROLLING URINARY URGE

WHEN YOU EXPERIENCE A STRONG URGE TO URINATE:

- First** Stop activity, stand quietly or sit down. Try to stay very still to maintain control. Avoid rushing to the toilet.
- Second** Contract your pelvic floor muscles by squeezing and letting go 5 to 6 times to keep from leaking or maintain a holding contraction if you feel as though leakage will occur if you relax the muscles. Pelvic floor contractions send a message to the bladder to relax and hold urine. Try to distract yourself by thinking of something other than going to the bathroom.
- Third** Relax. **Do not rush to the toilet.** Take a deep belly or diaphragmatic breath and let it out slowly. Let the urge to urinate pass by using distraction techniques and positive thoughts.
- Finally** If the urge returns, repeat the above steps to regain control. When you feel the urge subside, walk **normally** to the bathroom. You can urinate once the urge has subsided.



Urge feeling!



Stop and be still.
Begin pelvic floor
contractions.



Do **not** rush to
the toilet.



Think positively.
Distract yourself.