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 email: palservice@salisbury.nhs.uk
 For further information about your condition /procedure try www.nhsdirect.co.uk

We ask for information about you so that you can receive proper care and treatment. This information remains confidential and is stored securely by the Trust in accordance with the Data Protection Act 1998.

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Bladder Training

Having to hurry to pass urine is the symptom of an overactive bladder or urgency. Whatever the cause there are certain rules to follow to help control the symptoms.

- When you get up in the morning go straight to the toilet and empty your bladder.
- Girls make sure you sit on the toilet correctly!
 - sit on the whole seat (not perched on the edge)
 - rest your feet on a stool if they do not touch the floor
- Keep your tummy muscles relaxed by bending slightly forward
- Relax and wait for your wee to come
- Try and do your wee in one go – listen to the sound
- Do the following exercises at least twice a day – when you get up in the morning and before you go to bed. You can also do this in the afternoon when you are not in school.
 - Go to the toilet as above
 - When you have done a wee do not get off the toilet straight away
 - Wait a minute or so (recite a favourite song or practice your tables!)
 - Then see if you can do another wee

At Home

During the day you will need to go to the toilet to do a wee every

.....hours

As your wetting improves, the time between each visit to the toilet can be increased, (so you don't have to go as often).

We would not suggest

- If you need to go at other times you will need to decide how to distract yourself from going
- Do not reduce your fluid intake. Far from helping this may make your problem much worse, and can also cause constipation. You should have a drink every 1-2 hours (you may have to take extra drinks into school)
- Try to avoid drinks containing caffeine, (tea, coffee, hot chocolate, cola, etc), blackcurrant containing fluids and fizzy drinks.

In School

- You need to think about when you need to do a wee and learn to recognise the signals from your bladder – write '1 – 2 – 3' on you pencil case, for example, to remind you "1 – 2 – 3 do I need a wee"