

WEEK THREE

| <u>TIME</u> | <u>MON</u> | | <u>TUES</u> | | <u>WED</u> | | <u>THUR</u> | | <u>FRI</u> | | <u>SAT</u> | | <u>SUN</u> | |
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| | C/D | U/W | C/D | U/W | C/D | U/W | C/D | U/W | C/D | U/W | C/D | U/W | C/D | U/W |
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BLADDER RETRAINING

2¼ hour Bladder Drill

(Stage 6 /9)

Instructions:

1. Go to the toilet immediately on waking up. Then.....

2. Aim to pass urine AT the designated times:

➔ If you get the urge to pass urine before the designated time try the following strategies that are known to relax the bladder:

- (1) Sit down
- (2) Contract and hold your pelvic floor whilst you take 3 *slow relaxing breaths*
- (3) Rise up onto your toes and tighten your calf muscles
- (4) Count backwards from 94 by 7's
- (5) Use your hand to place pressure upwards on the perineum (alternatively, sit on the arm of a chair or the corner of a table).
- (6) Curl your toes in your shoes.

3. If when you go to the toilet you are:

- **Comfortable and Dry:** tick the C/D column
- **Rushing or leaking:** tick the U/W column (Urgency/ Wet)

WEEK ONE

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WEEK TWO

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