

Timed Voiding Instructions

This is an important part of your bladder-retraining program. When followed consistently you will have significantly improved control over your urgency symptoms, including any urge incontinence. A normal fluid intake is between 50-70 oz. per day, which should produce 40-50 oz. of urine output. The normal bladder capacity before you feel any sensation of urge is about 10 oz. Normal voiding volumes are 7-10 oz. with the first morning voiding usually being the largest at 400-500 cc. Your Voiding Diary record will have indicated, if any modification is required in the volume or type of fluids you drink. A good rule of thumb is the color of your urine, which should be a very pale yellow.

Your goal with the Timed Voiding Program is to increase your bladder's capacity and prolong the time interval between urinating - up to a minimum of **three or more** hours. The initial time interval between urinating will be determined by the frequency of urination as recorded in your Voiding Diary.

Download and print the "**Voiding Chart for Bladder Retraining**" on which you will chart your daily progress for the first week. Make five additional blank copies of the Voiding Chart to insure you have a total of six weekly charts. The Chart is a daily record of your **Scheduled** (predetermined voiding interval), **Unscheduled** (when you are unable to suppress the urge and urinate to avoid the risk of accidentally urinating), and **Accidental** urinating episodes (incontinence).

Follow the instructions on the chart:

- Fill in the following on each sheet: Your Name, Date, and Voiding Interval (Hrs.) at the beginning of each week.
- Fill in the time for any of the types of urinating (Scheduled, Unscheduled, or Accidental) and place a check mark in one of the three columns:
- Dark Gray Column: Urinating at the Scheduled Time.
- Light Gray Column: Urinating at any Unscheduled Time. (when you cannot suppress the urge)
- White Column: If you Accidentally urinate (incontinence incident), place a checkmark at the time it occurred and add a "D" for Damp or "W" for Wet beside the check mark to indicate the relative amount of urine loss.

Keep your Chart with you along with a pencil and a clock or timer. Most importantly, maintain your determination to stay with this six-week program.

WEEK ONE

Urinate when you first get up in the morning and write in the time on your chart. If you have a difficult time making it to the toilet, squeeze the pelvic floor muscles (Kegel exercise) before you get out of bed and count slowly to FIVE. Get out of bed slowly and walk slowly to the toilet.

Empty your bladder as completely as you can and put a check in the Dark Gray column beside the hour you void. Then set your clock or timer for the predetermined interval. When the timer sounds, go to the toilet, even if you do not feel the need to empty your bladder. Fill in your Chart and reset your timer for the next interval. Repeat this sequence throughout the entire day until you go to bed. If you get up at night to urinate, indicate the time and place a check in the Light Gray column as it is unscheduled voiding. **Remember:** If you are unable to suppress your urge to urinate and you void at an Unscheduled time (Light Gray column), you still should still urinate at the Scheduled time, even if it is only a few minutes later!

Learning to Control the Urge to Urinate:

When you feel the urge to urinate before the timer clock sounds, try to distract yourself with the following:

1. Think about a very complex task. I.e., balancing your checkbook; naming the streets on the way to an enjoyable place; remembering all the words to a favorite song or hymn; listing the birthdates of ten family members or friends; etc.
2. Think about something especially fun or happy. I.e., vacationing on an exotic south Sea island; lying in a hammock in the shade near a beautiful flower garden; sitting on a hillside watching the sunset over the ocean; etc.

The feeling that you need to void should pass and you may be able to wait until the timed interval has elapsed. If you cannot wait, go ahead and urinate, indicate the time and put a check in the Light Gray column. When you are able to consistently urinate according to the scheduled time you are ready to progress and increase your time interval.

WEEK TWO

If you reached your goal during Week One by urinating only at the predetermined (Scheduled) timed intervals, then you will increase the time interval by 15 to 30 minutes during Week Two. If you still have an uncomfortable urgency or accidental voiding when you first get up, then increase your slow count to TEN before getting up and walk slowly to the toilet. Repeat the Timed Interval voiding routine throughout the day as you did in Week One. Once you have had a few days of consistently voiding at the increased predetermined scheduled times, you are ready to progress again.

Remember: When you feel the urge to urinate before the timer has sounded, practice the distraction or relaxation techniques described previously to suppress the urge. If you become too uncomfortable with the urge sensation, use the toilet. Do not be discouraged when this happens, it is normal. After all, this is why you are retraining your bladder function.

WEEKS THREE thru SIX

In each of these weeks you will increase the time intervals between scheduled urinating by 15 to 30 minutes each week. If you started at one-hour intervals, you can be voiding every three hours by the end of week six. Compare your charts from week to week to see your progress. **Remember: Your goal is to be back in control of your bladder function!**

TIPS for SUCCESS:

1. Believe that you will be successful.
2. Remember to do your Kegel pelvic floor muscle exercises after each voiding.
3. Follow the above program directions to the letter.
4. Give the program a full six weeks.
5. If you find that thinking about complex tasks or relaxing fantasies does not make the urge sensation go away, try one of these following techniques:
 - a. Roll up a bath towel and keep it on a firm chair. Sit on this roll when you have a strong urge to urinate, or
 - b. Place the rolled towel between your thighs and push it against your perineum with your hands.
 - c. Tighten and hold your pelvic muscle until the urge passes (Do your Kegel's).
6. Don't be discouraged by setbacks. Your bladder control may be worse when:
 - a. You are tired.
 - b. You have your mind on many other things.
 - c. You are tense or nervous.
 - d. You are about to start your menstrual period.
 - e. You are outside on cold, rainy, or windy days.
7. Drink plain water (add lemon). Avoid alcohol, caffeine drinks, and citrus juices.
8. Avoid going to the toilet "just in case". Follow your schedule.