

Basic tips for bladder training

Why do bladder training?

Bladder training helps to cut down the number of times you have to go to the toilet (to pass urine) every day. It helps to stop urine leaking from your bladder when you really need to go to the toilet.

How should I do it?

You should keep a frequency volume chart of:

- What and how much you drink
- When you go to the toilet during the day and night
- Any times you are wet
- How much urine you pass each time you go to the toilet

You should receive a copy of this chart to fill in from your healthcare professional. Please try and complete all three days.

DAY 1						DAY 2						DAY 3					
Time	What	How much	When	Notes	Wet	Time	What	How much	When	Notes	Wet	Time	What	How much	When	Notes	Wet
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- Any times you are wet
- How much urine you pass each time you go to the toilet

You should receive a copy of this chart to fill in from your healthcare professional. Please try and complete all three days.

DAY 1						DAY 2						DAY 3					
Time	What	How	When	How	VFA	Time	What	How	When	How	VFA	Time	What	How	When	How	VFA
Amount	Drink	Cups	Time	Amount	Wet	Amount	Drink	Cups	Time	Amount	Wet	Amount	Drink	Cups	Time	Amount	Wet
07.00						07.00						07.00					
08.00						08.00						08.00					
09.00						09.00						09.00					
10.00						10.00						10.00					
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44.00						44.00						44.00					
45.00						45.00						45.00					
46.00						46.00						46.00					
47.00						47.00						47.00					
48.00						48.00						48.00					
49.00						49.00						49.00					
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- Do not drink more than 1.5 litres of fluid each day (or other volume recommended by your doctor or healthcare professional)
- Your kidneys will produce more urine if you have caffeine, fizzy drinks and alcohol. So if you drink tea or coffee, change to decaffeinated. If you drink fizzy drinks, have squash or juice instead
- You should also cut down on how much alcohol you drink
- You should look at your chart and count how many times you go to the toilet every day and night. Also, look at the longest time between your visits to the toilet and the largest amount of urine you have passed. This will show you how much your bladder can actually hold

- You should try to increase the time between your visits to the toilet. If you go every 2 hours, try to hold on for an extra half hour. If this is too difficult, try to hold on for an extra quarter of an hour and when you can do this easily, increase it again so that eventually you go to the toilet every 2 ½ hours
- You should gradually increase the time between your visits to the toilet until you are only going six or seven times a day, and no more than once during the night
- Every two weeks fill in a frequency volume chart for 3 days to evaluate your progress. You will then be able to see how much more urine your bladder can hold, and the reduction in the number of times you are going to the toilet
- Show your doctor or continence nurse your charts so they can see how your bladder training is going

How to keep a healthy bladder: Tips!

- Drink the right amount and sort of fluid each day
 - Try to drink at least 4-6 cups/glasses each day
 - It is best to drink water and fruit juices
 - Cut down on alcoholic drinks and those containing caffeine (tea/coffee)
 - Avoid fizzy drinks with sweeteners such as diet coke/lemonade
- Eat a healthy diet
 - Avoid constipation. When the bowel does not empty it can make the bladder worse
 - Eat plenty of high-fibre foods including fruits and vegetables
- Weight
 - Try to keep you weight down
 - Control what you eat
 - Exercise regularly
- Try to avoid going to the toilet 'just in case'