



## About the Continence Advisory Service

We are a team of clinical nurse specialists and we provide a variety of specialist continence treatments and advice for anyone with bladder or bowel dysfunction.

You do not need to be incontinent to receive treatment and support from us. For example, you may feel that you go to the toilet too frequently, or that your bladder or bowels are limiting your lifestyle.

Your GP or any other healthcare professional can refer you to our service. Otherwise you can contact us directly to refer yourself to the service or, with your consent, a friend or relative can do this for you.

## Contact us

### East Berkshire

Continence Advisory Service  
Andrew's Annexe, St Mark's Hospital  
St Mark's Road  
Maidenhead  
SL6 6DU

Telephone: 01753 638489  
Email: [continence@berkshire.nhs.uk](mailto:continence@berkshire.nhs.uk)

### West Berkshire

Continence Advisory Service  
Wokingham Community Hospital  
41 Barkham Road  
Wokingham  
RG41 2RE

Telephone: 0118 949 5145 / 5146



[www.berkshirehealthcare.nhs.uk](http://www.berkshirehealthcare.nhs.uk)

Berkshire Healthcare NHS Foundation Trust is committed to the eight principles of the Data Protection Act 1998. We have implemented technology and security policies, rules and measures to protect the personal data that we have under our control from: unauthorised access, improper use, alteration, unlawful or accidental destruction. For further information please contact the Data Protection Officer, 2nd/3rd Floor, Fitzwilliam House, Skimped Hill Lane, Bracknell, RG12 1LD.

## Bladder Retraining

### *For the overactive bladder*

You must control your bladder, it must not control you.





## Bladder retraining

If you are suffering from an overactive bladder, experiencing symptoms of urgency, frequency and urge incontinence, you can try something called bladder retraining to gain better control.

It aims to:

- Reduce the number of visits to the toilet each day
- Reduce the feeling of urgency
- Increase your bladder capacity
- Reduce the number of times you get up during the night
- Help to stop urge incontinence.

## Tips to try

- Start to avoid going 'just in case'
- Sitting down may help when you have a strong urge
- Watch the television or count back from 100 - it may take your mind off thinking about the toilet
- Always try to avoid going to the toilet on a strong urge.

Bladder retraining requires you to hold on and not go to the toilet so often. Do pelvic floor muscle exercises to help you hold on (your nurse will advise you how to do these).

If you wake up in the night with a strong urge to pass urine, then use the toilet. As you progress you may be able to go back to sleep without getting up.

There are two methods of doing bladder retraining.



## Method 1

- When you have the urge to pass urine, go to the toilet and get ready
- Count to 60 before you pass urine. If you leak some, it won't be a problem as you are over the toilet
- Continue to count to 60 each time until you do not leak urine
- Once you've achieved this, start to count to 60 before you go to the toilet and when you get there, count to another 60
- Then start to extend the time from 60 seconds
- Continue extending the time until you can wait for 15 minutes without any leakage.

## Method 2

If you get urgency when you arrive home and put your key in the door, the next time you arrive home:

- Put the key in the door and before opening it, count to 60
- As you master this and the urge gets less, after counting to 60, open the door and go inside
- Go to the toilet and get ready to pass urine. Count to 60 before you pass urine. If you leak some it won't be a problem as you are over the toilet
- Continue to count to 60 each time until you do not leak urine
- Once you have achieved this, start to extend the time from 60 seconds.

Your anxiety about your bladder will reduce and your confidence will increase.

**You will be in control again.**

