



The British Association of Urological Surgeons

Bladder training

Helping your bladder work better

This leaflet gives you simple, easy-to-read details. Expert doctors in the UK have written it. Please also remember the advice your own doctor or nurse has already given you.

Helping your bladder work better

Bladder training is helpful for an 'overactive bladder'. It helps your bladder learn to hold more pee. It can help you pee less often. It can help stop pee leaking when you feel a strong need to go.

Some people feel like they need to pee before their bladder is full. This can happen if they get used to going "just in case". Over time, the bladder learns to hold only a small amount of pee.

How to do bladder training

Bladder training helps you control your bladder.

When you feel the need to pee, try not to go straight away. Instead, wait one minute. You can distract yourself by doing something that helps you stay calm. Try to do this every time you need to pee for a week.

After a week, try to wait longer before going to the toilet. This helps your bladder learn to hold more pee.

Each week, try to wait longer each time you need to pee.

It can help to keep a diary. Write down when you pee and how much comes out. This shows how things are changing.

Doing pelvic floor exercises can also help if you leak pee when you cough, laugh or sneeze. We call this stress incontinence. It may also happen if you have an 'overactive bladder'. These exercises make the muscles stronger so you can hold in pee better. If you are not sure how to do them, ask your nurse or doctor.

Keep going, even if it feels hard at first. Your bladder is like a muscle, it needs time to learn. Try bladder training for at least 6–8 weeks. Keep doing the exercises to stay strong.

A nurse or doctor may help you with bladder training. They can answer questions and give support.

Other things that may help

- **Weight loss.** Try to lose weight if you weigh more than is healthy.
- **Drink less caffeine and alcohol.** Caffeine is found in tea, coffee and fizzy drinks.
- **Stop smoking.** If you smoke, ask for help to stop.

Try to drink about 1.5–2 litres of fluid each day. That is around 3–4 pints. Try not to get constipated. Make sure you have a poo regularly.

If leaking pee becomes a problem, speak to your doctor or nurse.

If bladder training does not help, speak to your doctor. There may be medicine that might help.

Important

We have worked hard to make this leaflet clear and correct. But it cannot replace advice from your own doctor or nurse. Always ask them if you are worried or unsure.

What should you do with this leaflet?

You can keep this leaflet. If you have more questions, ask your doctor or nurse. They can explain more.

Online access

You can see this leaflet on the internet.

Scan the special picture (QR code).

Feedback

We'd love to know what you think! You can share your thoughts by emailing us at

admin@baus.org.uk



<https://rb.gy/gptc7z>
