

Department of Urology

Information for patients with an overactive bladder- training at home

We believe that your frequent/urgent need to pass urine and sometimes leakage of urine is due to your bladder muscle having overactive contractions. This is not always the case, as some people have a very sensitive bladder.

We can help make this better for you, providing we have your co-operation and you have determination. Your mental attitude is one of the most important aspects and we hope you will accept the challenge.

The purpose of the bladder retraining is to help you gain control of your overactive bladder by suppressing its contractions. You must gradually increase the capacity of your bladder and the time interval between voiding (passing water).

Start by voiding **every hour**, on the **hour**, whether you need to or not. From when you get up in the morning until you go to bed at night. Try not to void at any other time (i.e. in between your set times). You will only be able to achieve this seven out of ten times during the day as there is sure to be a time that you are distracted or busy.

If you find that you cannot hold on for an hour you can start with a time that suits you i.e. every half hour. Then you need to void every half hour on each half hour and increase the time between each void.

We advise you keep a log of your achievements each day. Nothing impressive, just a piece of paper with the times from when you get up to



Patient Information

bed time and a tick at the time you voided.

If you have difficulty, try and distract yourself by doing something such as making a drink, sitting on your feet, crossing your legs, sitting on a rolled up towel to prevent yourself from voiding before your time is up.

Practice the above for 3-4 days, until you feel you have mastered this. Then gradually extend the time between voids as follows:

1 hour 15 minutes for 1 week or until mastered

1 hour 30 minutes for 1 week or until mastered

1 hour 45 minutes for 1 week or until mastered

2 hours for 1 week or until mastered

2 hour 15 minutes for 1 week or until mastered

2 hour 30 minutes for 1 week or until mastered

2 hour 45 minutes for 1 week or until mastered

3 hours for 1 week THEN maybe longer, if you feel able

Remember – It is important to keep your fluid intake at a reasonable level (8–12 cups of fluid a day).

Cutting down on your caffeine intake might well help sufferers of an over active bladder. The caffeine is an irritant to the bladder and may well make the situation worse. It is not just coffee that has caffeine in it, but tea and cola also. There are lots different types of reduced caffeine products available from a wide range of shops.

At the same time, to control your bladder it is important to carry out pelvic floor exercises. (See separate leaflet)

Further Information

For further information or advice please contact:

**Sarah Roth Clinical Nurse Specialist for Continence and Urology:
024 7696 5296**

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The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 7696 5296 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

To give feedback on this leaflet please email feedback@uhcw.nhs.uk

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