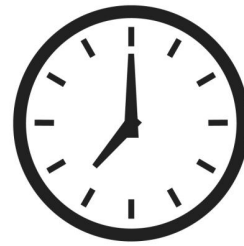


Timed voiding



Purpose

The goal of timed voiding is to increase the amount of time between bladder emptying and increase the amount of urine your bladder can hold. This should result in less frequent urination, less leakage, and decreased urinary urgency.

Instructions

Empty your bladder as soon as you wake. This begins the day of retraining.

Only urinate at the specific times discussed. Wait until your next scheduled urination time. Empty your bladder even if you have no urge to urinate. This schedule is for daytime only.

At night, only go if you awaken and have a great urge.

If you have the urge before the scheduled time, try "urge suppression"-relaxation, deep breathing, or rapid sequence kegels until the sensation passes.

Once you reach your set goal, slowly increase the time between urinations by 15 minutes. Try to increase this time weekly. The ultimate goal is three- to four- hour intervals.

The end goal can take up to six to twelve weeks to reach.