

Controlling Bladder Urgency

Dietary Measures to Prevent Bladder Irritation/Urgency

- Strengthen pelvic floor muscles – Kegel exercises, Emsella chair
 - Proven more effective than any medication for overactive bladder
- Drink plenty of clear filtered water (avoid bottled in plastic)
- Alkalinizing diet: more vegetables, fruits; less sugar, alcohol, meat and processed foods
- MINIMIZE bladder irritants:
 - Coffee, tea
 - Carbonated drinks
 - Alcohol
 - Citrus, fruit juices
 - Spicy food
 - Tomato-based foods
 - Chocolate

TIMED VOIDING:

- Track every time you urinate through a couple days and note episodes of urgency
- Set a voiding schedule to go slightly more often than prior
- Gradually work on expanding intervals between urination

When You Feel the Urge to Urinate:

- **STOP:** Stop all movement immediately and stand still. Sit down if possible. Staying still increases your ability to stay in control.
- **TIGHTEN:** Quickly and tightly squeeze your pelvic floor muscles 5-10 times. Make the squeezes very quick without relaxing your muscles between squeezes. This causes the bladder to relax, which immediately puts you in control of the situation.
- **BREATHE:** Breathe deeply and relax. Pull up your shoulders and let them drop and feel the tension drain out of your entire body.
- **FOCUS:** Concentrate on suppressing the urge. Distracting yourself from the feeling of urgency also helps.
- Once the feeling of urgency has subsided, take a slow, calm walk to the bathroom. If the urge returns, go through the steps again. When the strong urgency subsides, walk slowly and calmly to the bathroom. If the urge begins to build again, repeat the above steps. Contracting your muscles while you walk to the bathroom may also help.



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