

URINARY URGENCY STRATEGIES

- An urge to urinate is a signal that you feel as the bladder stretches to fill with urine
- Urges can be felt even if the bladder is not full. You should be able to go at least 2 hours between voids (urination) to empty the bladder
- These bladder urges can be controlled by the brain
- The urge to urinate will peak then taper off over time; see the diagram below

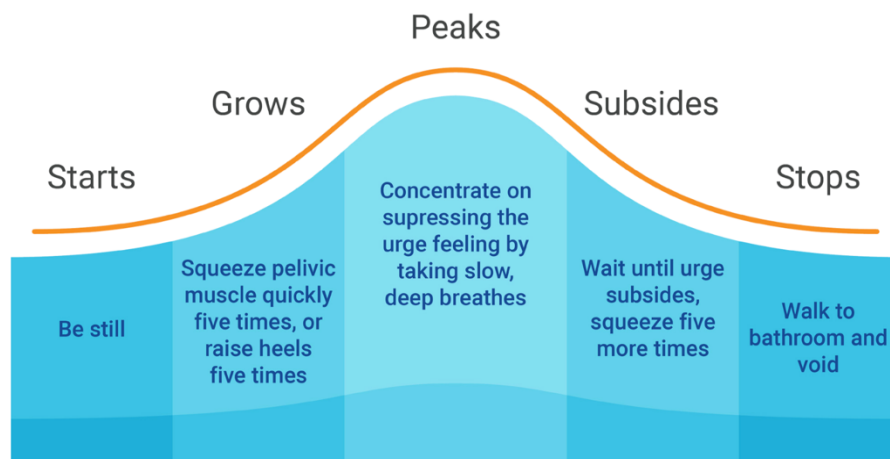


Image courtesy of MEDBRIDGE "Strategies to Control Urinary Urgency" Cynthia Neville



If you feel an urge to urinate and you have just been to the toilet OR went to the toilet less than two hours ago OR you need to hold on to get to the next toilet, try these strategies:

- o Relaxation:

Release tension from your body and breathe deeply

- o Pelvic Floor & Transverses Contraction:

Activate the 1234's to reduce the sense of urethral pressure/urgency. If you can, hold the contraction until the urge passes otherwise do several strong contractions

- o Perineal Pressure – 'Bike seat pressure':

Press the perineum with your hand or alternatively, cross your legs, sit down or lean forward

- o Clitoral pressure:

Apply firm upward pressure to the clitoris

- o Toe curling / Calf raises:

Curl your toes or come up and down on your tiptoes for as long as you are feeling the urge

- o Calf stretches:

Pull your toes up towards your knees and hold. This is useful before getting up from bed

- o Sacral tapping:

Tap, rub or lean into the sacrum (solid triangular bone at base of spine)

- o Top lip pressure:

Place a finger over the join of your nose and top lip and press

- o Controlled walking:

Don't run to the toilet – it will stimulate your bladder further. Walk slowly, concentrating on the sensation coming from your feet while breathing deeply

