



## **BLADDER MANAGEMENT**

**Tracy Walker, NP, WOC**

**Andrew C. Carlos MS Institute at the Shepherd Center  
Atlanta, GA**

### **TIMED VOIDING**

**GOAL:** To eliminate urgency and/or incontinence

- Keep voiding diary for 3 days
- Observe length of time between voids (may vary throughout the day)
- Plan to void 15 to 30 minutes before usual voiding times
- If you have trouble starting the stream, use “triggers” to help

### **TRIGGERS**

**GOAL:** To stimulate body’s own reflex system to encourage voiding

- Tap with fingers over bladder (directly above pubic hair)
- Tug on a pubic hair
- Touch skin around rectum
- Run water
- Put hand in warm water

### **DOUBLE VOIDING OR TRIPLE VOIDING**

**GOAL:** To empty bladder more completely

- Void into toilet until stream stops
- Stand up from toilet or step away from toilet or urinal
- Do another activity in bathroom (straighten towels, wipe sink) for 30 seconds
- Void into toilet again
- Repeat if necessary

# **BLADDER MANAGEMENT**

## **FLUID MANAGEMENT**

- Drink 6 – 8 glasses of fluid a day (mostly water)
- If you have activities planned when urgency, frequency or incontinence could be a problem, do not drink fluids for 2 hours before activity
- If you have restricted fluids at any time during your day, be sure to make them up at another time of the day
- Avoid coffee with caffeine—this stimulates the bladder
- Avoid excessive soft drinks, especially if they contain caffeine or Nutrasweet
- Plain water is most easily used by your body and is necessary for normal bowel function
- Common bladder irritants
  - Alcoholic beverages
  - Tea
  - Milk/milk products
  - Medicines with caffeine
  - Tomatoes
  - Tomato based products
  - Highly spiced foods
  - Citrus juice and fruits
  - Artificial sweeteners
  - Chocolate
  - Corn Syrup
  - Honey
  - Sugar