



BLADDER MANAGEMENT

TIMED VOIDING

GOAL: 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: 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: 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

CREDE’S MANEUVER

GOAL: empty bladder more completely

- While urine is flowing, press flat hand over bladder to “push” urine out
- *Do Not* press if urine is not flowing or has stopped flowing
- Lean forward while urine is flowing to apply more pressure to bladder

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 you 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 bladder 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