

# Basic tips for bladder training

## The Continence Service Patient Information Leaflet

### Introduction

This leaflet is for people who have been diagnosed with urinary incontinence. It contains information about bladder training and why it is beneficial.

### What are the benefits of bladder training?

Bladder training helps to cut down the number of times you have to go to the toilet to pass urine every day. It helps to stop urine leaking from your bladder when you need to go to the toilet.

### What do I have to do?

- Do not drink more than one and a half litres of fluid each day, unless another volume is recommended by your doctor or healthcare professional.
- Your kidneys will produce more urine if you have caffeine, fizzy drinks and alcohol. So if you drink tea or coffee, change to decaffeinated. If you drink fizzy drinks, have squash or juice instead.
- If you drink alcohol, you should cut down on how much you drink.

## Keeping a frequency and volume chart

You will need to keep a frequency and volume chart for three days, every two weeks, of:

- What and how much you drink.
- When you go to the toilet during the day and night.
- Any times you are wet.
- How much urine you pass each time you go to the toilet.

**You should receive a copy of a frequency and volume chart to fill in from your healthcare professional.**

It will help you if you complete this chart fully for all three of the days.

## Using the frequency and volume chart

- Look at your frequency and volume chart and count how many times you go to the toilet every day and night.  
Also, look at the longest time between your visits to the toilet and the largest amount of urine you have passed. This will show you how much your bladder can actually hold.
- You should try to increase the time between your visits to the toilet. If you go every two hours, try to hold on for an extra half hour. If this is too difficult, try to hold on for an extra quarter of an hour. When you can do this easily, increase it again so that eventually you go to the toilet every two and a half hours.
- Gradually increase the time between your visits to the toilet, until you are only going six or seven times a day and no more than once during the night.

- Every two weeks, fill in a frequency and volume chart for three days to evaluate your progress. You will then be able to see how much more urine your bladder can hold and the reduction in the number of times you are going to the toilet.
- Show the charts to your doctor or continence nurse so they can see how your bladder training is going.

## How do I keep my bladder healthy?

Here are some tips to keep your bladder healthy:

- Drink the right amount and type of fluid each day:
  - Try to drink at least four to six cups or glasses each day.
  - It is best to drink water and fruit juice.
  - Cut down on alcoholic drinks and those containing caffeine, such as tea and coffee.
  - Avoid fizzy drinks with sweeteners, such as diet coke and lemonade.
- Eat a healthy diet:
  - Avoid constipation. When the bowel does not empty, it can make the bladder worse.
  - Eat plenty of high fibre foods including fruits and vegetables. This will help avoid constipation.
- Weight.
  - Try to keep your weight down.
  - Control what you eat.
  - Exercise regularly.
- Try to avoid going to the toilet 'just in case'.

If you have any questions, or if there is anything you do not understand about this leaflet, please contact:

The Continence Service  
Brierley Hill Health and Social Care Centre  
Venture Way, Brierley Hill, DY5 1RU  
01384 321517 (8.30am to 4.30pm, Monday to Friday)

**This leaflet can be downloaded or printed from:**

<http://dudleygroup.nhs.uk/services-and-wards/continence-service-community/>

If you have any feedback on this patient information leaflet, please email [patient.information@dgh.nhs.uk](mailto:patient.information@dgh.nhs.uk)

**This leaflet can be made available in large print, audio version and in other languages, please call 0800 073 0510.**

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此宣传单可提供大字版本、音频版本和其它语言版本，请拨打电话：0800 073 0510。

Ulotka dostępna jest również w dużym druku, wersji audio lub w innym języku. W tym celu zadzwoń pod numer 0800 073 0510.

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Aceasta brosură poate fi pusă la dispoziție tipărită cu caractere mari, versiune audio sau în alte limbi, pentru acest lucru va rugăm sunați la 0800 073 0510.

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