

Further Information

Further useful information can be accessed on the NHS website:
www.nhs.uk

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This document is also available in other languages and formats upon request.

Su richiesta, questo documento è disponibile in altre lingue e in altri formati.

Sur demande, ce document peut être fourni en d'autres langues et formats.

Na życzenie, dokument ten można uzyskać w innych językach i formatach.

यह दस्तावेज़ अनुरोध किए जाने पर अन्य भाषाओं और प्रारूपों में उपलब्ध है।

ਇਹ ਦਸਤਾਵੇਜ਼ ਬੇਨਤੀ ਕੀਤੇ ਜਾਣ ਤੇ ਹੋਰ ਭਾਸ਼ਾਵਾਂ ਅਤੇ ਰੂਪਾਂ ਵਿੱਚ ਉਪਲਬਧ ਹੈ।

در صورت در خواست این سند به زبانها و شکلهای مختلف در اختیار شما قرار می گیرد.

یہ دستاویز دیگر زبانوں اور مطلوبہ شکلوں (فارمیٹ) میں بھی دستیاب ہے

هذه الوثيقة متاحة بلغات أخرى وباشكال غير الكتابة المقروءة وذلك عند الطلب

You may also find our other Specialist Continence leaflet series useful.

You can view or download them from the Trust's website at:

www.nottinghamshirehealthcare.nhs.uk/continence-advisory-service

Specialist Continence Services/Community Nurse contact details:

www.nottinghamshirehealthcare.nhs.uk

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Specialist Continence Advisory Service

Local Partnerships



Patient Information Leaflet Number 4 A guide to Bladder Retraining

Bladder retraining is an effective form of treatment for an overactive bladder

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Symptoms of an overactive bladder include:

Frequency	Having to pass urine more than 7 times in 24 hours, often passing volumes less than 200 mls
Urgency	Having to rush to pass urine with little or no warning
Urge Incontinence	Not making it to the toilet in time and so becoming wet (this may be a few drops or a whole bladder full)

The aim of bladder retraining

The aim of bladder retraining is to learn to hold on and ignore the desire to pass urine so that you don't have to go to the toilet so often or in a rush.

Drinks

A good drinking pattern will also help with your bladder retraining programme.

- Aim to drink 7-8 drinks of 200-250mls (½ pint mug) or 1.5-2 litres of fluid spread out evenly during the day.

With this pattern you will produce urine at a more regular rate and it will be easier for you to control.

- Try not to have too many drinks containing caffeine (coffee, strong tea, chocolate or cola) and cut down on alcohol and fizzy drinks. These drinks may affect your bladder control.
- If you choose to change to decaffeinated drinks do this gradually by exchanging one caffeinated drink per day.
- Cranberry juice may help with symptoms of urgency. Look for a brand which contains a high cranberry content.

The recommended daily amount is a single drink of 300mls. Cranberry Juice is not advised if you are prescribed Warfarin. Diabetics need to be aware of the sugar content of cranberry drinks.

Bladder Retraining Programme

- Bladder retraining is based on your frequency volume chart which you completed as part of your continence assessment.
- Start with a time period, which is achievable and when you are in a safe environment - at home.

- Only follow this programme in the daytime – go to the toilet if required at night.
- If you are advised to pass urine at specified times (e.g. 1½ hours), stick rigidly to this programme and go to the toilet at these times whether you want to or not.

Tips to control urgency and hold on:

- Stand still or sit down
- Cross your legs
- Contract your pelvic floor muscles
- Go on your tip toes
- Count to 10
- Think of something different
- Tell yourself 'I am not going to the toilet'
- Always be positive!

When you can hold on for the period of time advised and remain dry, increase the time interval by ¼ to ½ hour (e.g. 1½ hours to 2 hours).

Record your progress on bladder re-training charts, you may be asked to record some volumes. Remember to take your charts to your appointments as this will help to monitor your progress.

- With bladder retraining, leakage or wetness may initially become worse when holding on. Try to persevere, as this will improve.

Bladder retraining is a very effective treatment regime but it may take weeks or even months to overcome the urge to pass urine and gain confidence in your bladder control.

An alternative approach would be to attempt to hold on when you first feel the urge to go, wait for 1 min, 2 min then 5 min etc., gradually increasing the time interval between visits to the toilet.

Other information

Sometimes medication may be prescribed to support your programme. Support and encouragement by the nurse or physiotherapist are key to success so please remember to keep your appointments.

IT IS NOT ALWAYS EASY AND YOU NEED TO BE DETERMINED TO MAKE IT WORK - SO DON'T GIVE UP!