



# Acu Rehab Med

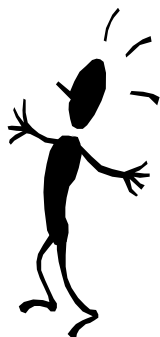
*Empowering Wellness, Restoring Function*

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## WHEN I FEEL LIKE TO HAVE TO GO REALLY BAD HOW DO I STOP MY PEE FROM COMING OUT?

- FIRST** Stop playing or doing anything, stand quietly or sit down. Try to stay very still and don't run to the potty.
- SECOND** Squeeze your pelvic floor muscles really fast 5 to 6 times to keep from leaking or hold your muscles tight until you don't feel like you have to go anymore. Pelvic floor squeezes tell your bladder to relax and hold urine. Try to think of something other than going to the bathroom like what's for lunch or what you're doing for fun today.
- THIRD** Relax. **Don't run to the potty.** Take a deep belly breath and let it out slowly. Let the feeling that you have to pee pass by thinking of other things.
- FINALLY** If the feeling comes back, squeeze your muscles again until it goes away then walk **normally** to the bathroom. You can empty your bladder once the feeling goes away.



Urge feeling!  
Have to go



Stop and be still.  
Squeeze pelvic floor



**No Running to  
the toilet.**



Think of  
Something fun  
to do or count