



Acu Rehab Med

Empowering Wellness, Restoring Function

acurehabmed.com

630-926-8889

DRY DAYS

In order to achieve dryness throughout the day the bladder and pelvic floor muscles need to know how to work together on a regular schedule. There are many things that need to take place for this to happen.

First:

A good potty schedule needs to be set up. Whether you're at home or at school you should empty your bladder 5-6 times per day. This means your bladder should empty about every 2-3 hours.

Second:

Having strong pelvic floor muscles is important so they can;

- Hold back your urine when it's not time to go to the bathroom.
- Be able to relax your muscles when it is time to go to the bathroom.

Third:

Sensing bladder fullness and feeling an urge to void (pee) are very important steps to being ready to go all night without having to get up to void (pee). This can be done by;

- Increasing your how much fluid you drink each day.
- Increasing time in between going to the bathroom.

Forth:

Make sure you have bowel movements every day or every other day. You shouldn't have to push hard and they should come out like a ripe banana.

Your therapist will set your schedule for you.

You should go to the bathroom _____times per day on your potty schedule.

You should drink _____ fluids per day spaced evenly throughout the day.

POTTY SCHEDULE

Time

Event

Wake up

Dinner time

Bed time