

Instructions for Controlling Urinary Urge

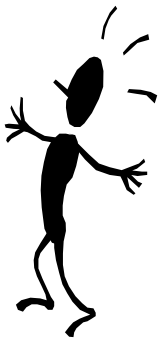
WHEN YOU EXPERIENCE AN URGE TO URINATE:

NEXT Stop and stand very still and relax. Sit down if you can or stand quietly. Do not move; try to stay very still to maintain control. If we panic, the bladder will involuntarily contract.

SECOND Imagine you are gently holding a marble in your vagina (female) or anus (male). This sends a message to the bladder to relax and hold urine. Try to distract yourself by thinking of something other than going to the bathroom. For example:

- Relax. Take a deep belly or diaphragmatic breath and let it out slowly.
- Try distraction techniques such as counting backward from 100 by 2s or 5s, think of words starting with the same letter or words that rhyme, etc.

FINALLY If the urge returns, repeat the above steps to regain control. When you feel the urge subside, try to go about what you were doing or walk to bathroom if absolutely needed (do not rush). Once you sit on the toilet and breathe/relax, your muscles will react via a reflex used to urinate.



Urge Feeling!



Stop and be still.
Begin small quick
pelvic floor contractions/
gentle lifts.



**Do not rush to
the toilet!**



Think positively.
Distract yourself.