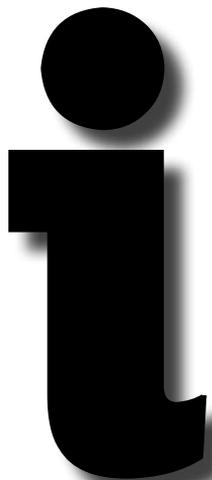


Bladder Drill



If you need your information in another language or medium (audio, large print, etc) please contact Customer Care on 0800 374 208 or send an email to: customer care@salisbury.nhs.uk

You are entitled to a copy of any letter we write about you. Please ask if you want one when you come to the hospital.

If you are unhappy with the advice you have been given by your GP, consultant, or another healthcare professional, you may ask for a second (or further) opinion.

The evidence used in the preparation of this leaflet is available on request. Please email: patient.information@salisbury.nhs.uk if you would like a reference list.

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Bladder drill or timed voiding is a self-help programme aimed at reducing urinary symptoms including:

- frequency
- getting up more than once at night to pass water
- urgency
- urge incontinence.

The aim of bladder drill is to re-educate your bladder to feel more comfortable when filling, enabling you to go for a longer time without needing to pass urine. This will enable you to increase the length of time between urinations, increase the amount of urine the bladder holds and reduce the sense of urgency and leaking you experience.

It can take about 4-6 weeks from starting bladder drill before you notice a difference in your symptoms.

Days 1 – 3 during the day empty your bladder every hour, even if you have no need to do so. Ensure you are drinking plenty, and during the night only empty your bladder if you wake up needing to go to the bathroom. If you feel the need to urinate before the hour is up, try some distraction tactics such as doing some jobs, sitting on a hard surface, or contracting your pelvic floor muscles.

Days 4 – 6 increase the times between urinating to every 1½ hours only going at night if you wake up needing to go. If you are unable to manage 1½ hours, go back to emptying your bladder hourly and then try to increase the length of time between visits once you feel confident with the hourly visits.

Days 7 - 9 increase the times between visits to 2 hours and continue with night times as before. Again you can go back to 1½ hours between visits if you need to.

Days 10 - 12 every few days continue to increase visits to the bathroom by ½ hour. Continue to do so until you can manage 3 - 3½ hours between visits.

- these instructions are for guidance and you are the best judge of your symptoms. If you feel increasing by 30 minutes every few days is too much, try increasing by 15 minutes. Increase the pace of timings if you feel confident
- you may find it useful to keep a bladder diary during this time to keep track of your progress
- it is important to drink plenty and not limit the amount of fluid you take
- it may be beneficial to reduce the amount of caffeine you drink - swap to decaffeinated tea and coffee
- artificial sweeteners can also make your symptoms worse so try to avoid these too.

Urology Nurses

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