

# Urinary Urgency

There are typically 3 possible causes of urinary urgency and leakage: your bladder is irritated, your bladder is unable to calm down, or your bladder is being pushed by other organs.

## Possible Cause #1 - Your Bladder is Irritated!

- **Why?** -
- **Easy Solution** - Love and calm your bladder by hydrating the lining. It may help you not feel the strong urge to urinate more often. You can accomplish this by sipping water throughout the day!
- **How much water?** - It is recommended that you drink 0.5 ounces of water for every pound you weight
  - Enter your weight here \_\_\_\_\_ (eg. 120 lbs)
  - Divide your weight by 2 \_\_\_\_\_ OZ (eg. 60) - this is how much fluid you should be drinking in a day. At least 2/3 of your fluid intake should be water.
- **Ways to increase my water intake**
  - Add slices of your favorite fruits and veggies (berries, apples, pineapple, peaches, cucumber) into a pitcher of water
  - Try decaffeinated herbal tea or lemon water - hot or cold
  - Keep your favorite water bottle full and close by all day long. Imagine how happy your bladder is when you give it water!



## Possible Cause #2 - Your Bladder is Unable to Calm Down

- **Why?** - you may be in the habit of trying to empty it more than necessary. It is normal to empty the bladder 6-8 times per day but any more than that may mean that your bladder is having difficulties calming down and is sending false "I'm full" signals to your brain.
- **Easy Solution** - love and calm your bladder by waiting to empty it until there is an authentic urge to go.
- **How?**
  - Try to stretch your trips to the bathroom to every 2 hours
  - Understand the bladder empties when the pelvic muscles relax and that the bladder won't empty when the pelvic floor muscles are contracted. When trying to lengthen the time between trips to the bathroom, focus on contracting your pelvic floor muscles which may help to control the urge and reduce leakage.
- **Try this when you feel the urge to use the bathroom -**
  - Ask yourself when the last time you went to the bathroom was and decide if it has been long enough to truly have a full bladder again. If it hasn't been long enough, try to wait a bit longer.
  - If it hasn't been long enough, try this breathing strategy - take a deep, slow Inhale. Hold the Inhale for 4 seconds. Exhale slowly as you squeeze your thighs together. Squeezing your thighs together will help to tighten your pelvic muscles.
  - Pay attention to patterns such as feeling like you need to go every time you walk past a bathroom. This is not a true urge from your bladder but an urge from habits formed in your brain.

### **Possible Cause #3 - Your Bladder Is Being Pushed On By Other Organs**

- **Why ?** - 50% of people develop this problem as they age
- **Easy Solution** - love your bladder by giving it a break from the pressure. Changing positions during the day, implementing some breathing techniques, and practicing good toileting habits can all help release some of the pressure being placed on your bladder.
- **Try this!**
  - Lay on your back with a wedge or pillow under your bottom to help shift the other organs back up and off your bladder
  - Exhale when lifting something heavy to tighten pelvic muscles and hold your other organs in place
  - Avoid straining when having a bowel movement or emptying your bladder.
    - Inhale to relax your pelvic floor muscles when emptying
    - Sit on the toilet with your knees above your hips. You can do this by using a small stool, rolls of toilet paper, or a Squatty Potty.

**What action steps will you take to love your bladder and decrease symptoms of urgency and leakage?**

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