

WEEK THREE

<u>TIME</u>	<u>MON</u>		<u>TUES</u>		<u>WED</u>		<u>THUR</u>		<u>FRI</u>		<u>SAT</u>		<u>SUN</u>	
	N	U/W	N	U/W	N	U/W	N	U/W	N	U/W	N	U/W	N	U/W
7.00am...	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9.00am....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11.00am....	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1.00pm..	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3.00pm..	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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BLADDER RETRAINING

2 hour Bladder Drill

(Stage 5 /9)

Instructions:

1. Go to the toilet immediately on waking up. Then.....

2. Aim to pass urine **AT** the designated times:

→ If you get the urge to pass urine before the designated time try the following strategies that are known to relax the bladder:

1. Sit down
2. Take **3 slow relaxing breaths** and perform **5 pelvic floor contractions**
3. Rise up onto your toes and tighten your calf muscles
4. Count backwards from 94 by 7's
5. Use you hand to place pressure upwards on the perineum (alternatively, sit on the arm of a chair or the corner of a table).
6. Curl your toes in your shoes.

3. If when you go to the toilet you are:

- Comfortable with no leaking: tick the N column (Normal)
- Rushing or leaking: tick the U/W column (Urgency/ Wet)

WEEK ONE

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