

BLADDER RETRAINING

1hour Bladder Drill **(Stage 1 /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:

<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						
7am	<input type="checkbox"/>						
8am.....	<input type="checkbox"/>						
9am.....	<input type="checkbox"/>						
10am.....	<input type="checkbox"/>						
11am.....	<input type="checkbox"/>						
12pm.....	<input type="checkbox"/>						
1pm.....	<input type="checkbox"/>						
2pm.....	<input type="checkbox"/>						
3pm.....	<input type="checkbox"/>						
4pm.....	<input type="checkbox"/>						
5pm.....	<input type="checkbox"/>						
6pm.....	<input type="checkbox"/>						

Women's Health Training Associates

- 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)

Women's Health Training Associates

WEEK ONE

<u>TIME</u>	<u>MON</u> N U/W	<u>TUES</u> N U/W	<u>WED</u> N U/W	<u>THUR</u> N U/W	<u>FRI</u> N U/W	<u>SAT</u> N U/W	<u>SUN</u> N U/W
7am	<input type="checkbox"/>						
8am.....	<input type="checkbox"/>						
9am.....	<input type="checkbox"/>						
10am.....	<input type="checkbox"/>						
11am.....	<input type="checkbox"/>						
12pm.....	<input type="checkbox"/>						
1pm.....	<input type="checkbox"/>						
2pm.....	<input type="checkbox"/>						
3pm.....	<input type="checkbox"/>						
4pm.....	<input type="checkbox"/>						
5pm.....	<input type="checkbox"/>						
6pm.....	<input type="checkbox"/>						

Women's Health Training Associates

WEEK TWO

<u>TIME</u>	<u>MON</u> N U/W	<u>TUES</u> N U/W	<u>WED</u> N U/W	<u>THUR</u> N U/W	<u>FRI</u> N U/W	<u>SAT</u> N U/W	<u>SUN</u> N U/W
7am	<input type="checkbox"/>						
8am.....	<input type="checkbox"/>						
9am.....	<input type="checkbox"/>						
10am.....	<input type="checkbox"/>						
11am.....	<input type="checkbox"/>						
12pm.....	<input type="checkbox"/>						
1pm.....	<input type="checkbox"/>						
2pm.....	<input type="checkbox"/>						
3pm.....	<input type="checkbox"/>						
4pm.....	<input type="checkbox"/>						
5pm.....	<input type="checkbox"/>						
6pm.....	<input type="checkbox"/>						

Women's Health Training Associates