

## Timed Voiding Program- Bladder Retraining

Overactive Bladder (OAB) is the most common form of urinary incontinence among women greater than 60 years of age. Symptoms include increased urinary frequency during both the day and night, as well as urinary urgency, which is defined as an overwhelming desire to void. OAB is due to involuntary bladder contractions, which may become strong enough to cause accidental leakage of urine without a stressful event (i.e. cough, laugh sneeze or exercise). The cause of this problem is multi-factorial, but is likely due to a prolonged dysfunctional voiding pattern, for example, not going to the bathroom on a regular basis and with-holding for the entire day. One of the most successful non medical therapies for this problem includes the bladder retraining program, combined with Kegel exercises, which will allow you to gain significant control over your bladder symptoms. Specific medicines are often used to treat OAB, but you can achieve even greater control when you use both of these approaches together.

An important part of this program includes the information which you provided us when you performed the Voiding Diary at home. As you monitored and measured the amount and type of fluids you drank, as well as how often and how much you voided, we can compare these values to the expected volumes, and also identify areas which can be worked on to help improve your symptoms.

Normal daily fluid intake: 1500 – 2000 cc (50 – 70 ounces)  
Normal daily urine output: 1200 – 1500 cc (40 – 50 ounces)  
Normal voiding volumes: 210 – 300 cc (7 – 10 ounces)  
Normal bladder capacity for sensation to void: 300 cc (10 ounces)  
Largest bladder volume is usually in the morning: 400 – 500 cc (12 – 15 ounces)

Your goal with the Timed Voiding Program is to increase your bladder's capacity and prolong the time interval between urinating up to an average of three or four hours. The initial time interval between urinating will be determined by the information that you provided on your Voiding Diary as well.

There is also a download entitled "Timed Voiding Program Chart" on which you will chart your daily progress for the first week. (Please make five additional blank copies of the voiding chart to insure that you have a total of six weekly charts). The chart is a daily record of your **SCHEDULED** (pre-determined voiding interval), **UNSCHEDULED** (times that you are unable to suppress the urge without the risk of accidentally urinating) and **ACCIDENTAL** (leakage) urinating episodes. If you are able to record the amounts of urine you void at each time interval, these numbers should be entered into the chart as well.

Follow the instructions on the chart as indicated:

Fill in the following on each sheet: Name, date and voiding interval (hours)- at the beginning of each week

Fill in the TIME for any of the types of urinating (Scheduled, Unscheduled or accidental Leakage) and enter the amounts urinated if able to measure.

Scheduled Voiding Time	Scheduled Voided Amount	Unscheduled Voided Amount	Unscheduled Voided Amount	Amount of Leakage S, M, L
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Keep your chart nearby along with a pencil and a clock or timer to accurately represent your progress. Most importantly, know that this program will enable you to have better bladder control, but that it will need some time to work.

## WEEK ONE:

Record the time on your sheet when you first get up to urinate in the morning. If you have difficulty reaching the bathroom without leaking urine, squeeze your pelvic floor muscles (Kegel exercises) before you get out of bed and count slowly to FIVE. Get out of bed and walk normally to the bathroom. You do not want to rush to the toilet and reinforce your bladder's bad behavior!

After you have emptied your bladder as completely as possible, set your clock or timer for the pre-determined voiding interval. When that time arrives, go to the bathroom and attempt to urinate, **EVEN IF YOU DO NOT HAVE THE NEED TO EMPTY YOUR BLADDER**. Fill in your chart, and reset your timer for the same time interval, and repeat this throughout the entire day. If you need to void in between these times intervals, or you need to get up in the middle of the night to urinate, list the time in the UNSCHEDULED voiding.

Remember: If you are unable to suppress your urge to urinate and you void at an UNSCHEDULED time, you should still attempt to urinate at the SCHEDULED time, even if it is only a few minutes later.

## WEEK TWO:

If you reached your goal during the WEEK ONE by urinating ONLY at the predetermined (SCHEDULED) time intervals, then you should increase the time interval between voids by 15 to 30 minutes during WEEK TWO.

If you continue to have uncomfortable urgency, or have accidental leakage of urine when you first get up in the morning, then increase your slow count to TEN before getting up, and again try to walk slowly to the toilet. Repeat the Timed Interval voiding routine throughout the day as you did in WEEK ONE. Once you have consistently voiding at your lengthened scheduled time, you are ready to progress again.

Remember: When you feel the urge to urinate before the timer has sounded, practice the distraction or relaxation techniques described previously with the Kegel exercises. If you become too uncomfortable by the strong urge to urinate, then you should go. Do not be discouraged when this happens, it is normal. After all, this is why you are retraining you bladder, and it will take time to gain control.

## WEEKS THREE THROUGH SIX:

In each of these weeks, you will increase the time intervals between the scheduled voiding times by 15 to 30 minutes each week. Our goal is to allow you to be able to comfortably hold your urine for **three to four hours**. Using your charts, you should be able to watch your progress over the study period.

Remember: Your goal is to regain control of your bladder function!

## TIPS FOR SUCCESS:

1. Believe that you **WILL** be successful
2. Remember to do your KEGEL pelvic floor exercises after EACH voiding.
3. Follow the above program.
4. Give the program a full **SIX** weeks to see benefit.
5. Don't become discouraged by setbacks. Your bladder symptoms are likely to be worse when:
  - a. You are tired.
  - b. You are preoccupied with many other things
  - c. You are tense or nervous
  - d. You are about to start your menstrual period
  - e. You are outside on cold, rainy or windy days
6. Avoid alcohol, citrus juices, or drinks with caffeine.
7. Avoid going to the toilet "just in case". Follow your schedule.
8. Avoid constipation by using fiber or bulk stool laxatives.