

Tips and Tricks for Managing Urgency & Incontinence:

Bladder calming tips:

- Pelvic floor exercises and engagement: drawing up your pelvic floor muscles as if you wish to stop yourself peeing or breaking wind. These muscles act as a sling and support the bladder – helping to calm that urgency and prevent leakage.
- Crossing legs: this applies pressure to your pelvic area which helps calm the sensation of urgency and can be useful in situations where you cannot access the bathroom (i.e. driving or in a meeting for work)
 - Placing a rolled-up towel between your legs, to apply pressure to this area, will also have the same effect!
- Distraction: things you can do which focus your nervous system on other stimuli in order to distract from the signals that are triggering the sensation of 'urgency'
 - Rubbing your lower back
 - Curling your toes
 - Doing heel raises or calf stretches
 - Placing pressure on your top lip: place your index finger along your top lip and apply firm pressure when you feel that sensation of 'urgency'

Behavior modification tips:

- Think about the times when your urgency is 'triggered' (i.e. is it when you put your key into your front door when you come home; is it before you go for some exercise)
- Once you have identified a trigger, try to change your behavior around this (i.e. when you get home, go in your back door instead of your front door; plan a bathroom break before you exercise and do loops of a route if needed to plan a bathroom break during long exercises as well.)

Bladder retaining tips:

- Make sure you take in the right amount of fluid that you need during the day. You may need to track what you drink in a day and the number of times you needed the bathroom or times you experienced urgency or incontinence.
 - Remember, strong urine irritates the bladder and increases the urgency, as much as drinking too much liquid
 - If you had a few episodes of urgency/incontinence, you may have been drinking too much or too little
 - It will take a bit of time to figure out what is the right amount of liquid for you in a day.
- Types of drinks: drinks that are high in caffeine may be an irritant for your bladder. Keep track of your bouts or urgency and see if you can link this with drinking a specific drink (i.e. Coca Cola, Coffee, Tea).
- Regular bathroom breaks: try to 'schedule' a pattern for using the bathroom during the day (i.e. every 3 hours) to ensure that you use the bathroom you are not rushed and have plenty of time to empty your bladder fully. This will reduce the feeling of urgency and risk of leakage.