



Bladder Retraining



www.fittleworth.com

Opening Hours:
8 am to 8 pm Monday to Friday
9 am to 1 pm Saturday

National: 0800 378 846
Scotland: 0800 783 7148

Bladder Retraining

With a little bit of work, bladder retraining can reduce the number of times that you have to pass urine during the day and give you more independence. It can also help reduce leakage and that 'urgent' need to go to the toilet.

What's involved?

The first step is to get a clear picture of what your bladder is doing. Keep an accurate record for at least three days of the following:

- How much, what time and what you are drinking
- How much and what time you are passing urine
- When, if at all, you are wet

REMEMBER TO KEEP A RECORD FOR A FULL 24 HOURS

What should you drink?

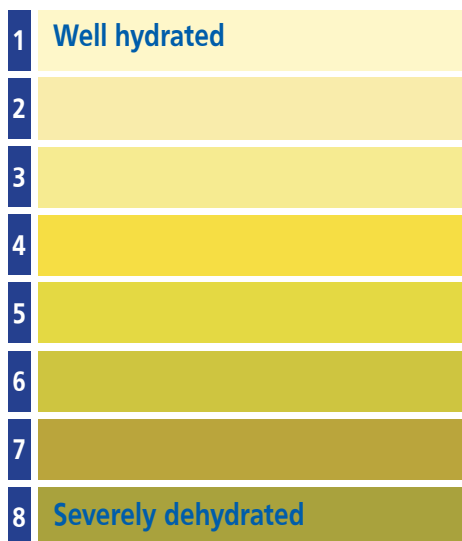
It is important to make sure you are drinking enough fluids. Drinking very large amounts i.e. in excess of 2 litres (4 pints) a day may be a little excessive, and will not help in retraining your bladder.

While it is acceptable to drink tea and coffee, please remember to drink clear fluids also water and cordials.

Try to avoid excessive intake of alcohol and drinks containing caffeine, as caffeine can be a bladder irritant (these include tea, coffee and cola). If you decide to change to decaffeinated drinks, make sure you introduce them gradually. If you are drinking the right things in the right amounts, your urine should be a light straw colour.

Urine colour test

This urine colour chart is a simple tool you can use to assess if you are drinking enough fluids throughout the day. The lighter the colour, the better hydrated you are.



Frequency Volume Input and Output Chart

Please complete this frequency volume input and output chart for 3 days. Your day starts when you get up.

Input

Measure all drinks, record time drank and state type of fluid drank (eg.10am, 250mls, tea).

Output

Measure and record time and amount of urine passed on each occasion (mls).

Leak

Please record time and tick whenever you leak urine.



Day 1	Date:		
Time:	Input:	Output:	Leak:
Total Input:			
Total volume passed in a day:			
Total volume passed in night:			
GRAND TOTAL:			
Total voids (day):			
Total voids (night):			

So how do you retrain your bladder?

Firstly, use the procedure below to give you a good indication of what your bladder is capable of holding and for how long:

- Use the Bladder Record (overleaf) to count how many times you pass urine in 24 hours
- Look at the longest time you were able to go between visits to the toilet
- Look at the largest volume of urine you have passed during this period

Your aim is to increase the time between visits to the toilet. For example, if you find that you go every hour, you should try to go every 1.5 hours or as close to this as you can get.

If this also proves difficult, it may help to stand still or sit down on a hard surface when you feel the need to pass urine and wait for the sensation to pass, then go to the toilet next time the sensation returns.



When you have achieved this, continue to extend the time between visits to the toilet by a further 15-30 minutes.

Eventually, when you have retrained your bladder, you should find that you are only passing urine 6 - 7 times a day and either once or not at all during the night. Please remember that it is quite normal to need the toilet once during the night if you are over the age of 60 and sometimes more as you reach your 70's.

When things have improved, it is advisable to complete another 3-day record and compare the two. By this stage you should see a noticeable reduction in the number of times you go to the toilet, and an increase in the volume of urine you pass each time.

Good luck with your bladder retraining programme

Please remember you are not alone, many people are experiencing the same problems as you. Help and support are available and if you need further advice please contact your healthcare professional.

This leaflet has been produced with the kind assistance of the Clinical Nurse Advisors at Fittleworth.

How to contact us

You can order through Fittleworth in 4 ways, all of which are very simple and all of which are free.

By post

Send your prescription in the envelope provided or post to:
Fittleworth, Freepost, Hawthorn Road, Littlehampton, West Sussex BN17 7LT.

On our Freephone number

For England and Wales Customer Service team call: **0800 378 846.**

In Scotland we have a designated Customer Service team call:
0800 783 7148.

Order call reminder

We can arrange to contact you on a pre-arranged date to check your stock levels, and where necessary place an order in line with your requirements.

Online

www.fittleworth.com

In many cases we can contact your GP and arrange to collect the prescription on your behalf. Alternatively, we accept electronic prescriptions, ask your GP or contact our Customer Service team for further information.

- Re-order when you open the last box of medical appliances so that you do not run out
- Be mindful of the busy periods i.e. Bank Holidays, Christmas and Easter by ordering early
- Set up a regular order for a basic quantity of medical appliances



POST...

Fittleworth
FREEPOST
Hawthorn Road
Littlehampton
West Sussex
BN17 7LT



PHONE...

Freephone National:
0800 378 846

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ONLINE...

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