

## What is Bladder Training?

The aim of bladder training is

- to restore continence by re-educating the bladder to a 'normal' or improved pattern of voiding.
- to avoid episodes of incontinence by planned voiding regime.

## What is considered normal?

The average adult bladder can hold between 300-500 ml of urine before it needs to empty. It is normal to void around 6-8 times during the day and perhaps 1-2 times at night.

Urine should flow easily without discomfort in a good and steady stream until the bladder is empty.

## Why do we need to have good bladder habits?

Poor bladder habits can lead to loss of bladder control.

## Understand your bladder habits

Before the bladder training, one should understand your bladder habit, e.g. how frequent you need to void, how much is each void.

You can make a frequency volume chart so as to understand your bladder habit.

During each void, measure the amount and record the time and volume in the chart. For example:

Date	Time	Amount (ml)	Leaking condition	Leaking amount
2/8	7am	350		
	8:30am	200	coughing	All wet
	11am	150		
	3pm	250	sneezing	Small amount
	4:30pm	200		
	6pm		 running	Few drops
	8pm	300		
3/8	2am	200		

## **Steps for bladder training**

1. Maintain adequate fluid intake for 1.5-2 liters per day unless contraindicated.  
Limit the amount of caffeine you drink, such as coffee, cola or tea.  
Limit the amount of alcohol you drink.
2. Make sure you empty your bladder completely whenever you pass urine, don't be hurry.
3. Avoid going to toilet "just in case" as this tends to result in the bladder developing a smaller capacity. (Except emptying your bladder before bed.)
4. Avoid or limit fluid intake 2 hours before bed.
5. In case of having urgency to void (not for full bladder after having plenty of fluid intake), try to defer the time by diversions, e.g. watching TV, etc.
6. Try to have a regular voiding habit e.g. every 2-3 hours.
7. Keep a frequency volume chart for reference.

## **Others that can help to maintain bladder habits.**

- Maintain good bowel habit.
- Keep your bowel regular and avoid constipation
- Maintain the tone of pelvic floor muscle by regular exercises.
- Keep body weight down. Avoid overweight.
- Bladder training needs time and patience, don't give up.
- Keep regular follow up.