

When You Have The Urge To Void



FIRST

STOP and stand very still. **SIT DOWN** if you can. Don't move. You need to stay very still to maintain control.



SECOND

RELAX. Take some nice deep breaths, letting your abdominal muscles relax, belly fill up with air...just like the **diaphragmatic breaths** you practice during the day. Think about something other than having to go to the bathroom.



THIRD

GENTLY CONTRACT PELVIC FLOOR MUSCLES. Be sure to make it a submax contraction. Hold for 3-4 seconds, then relax and repeat 3-4 times.



FOURTH

DISTRACT YOUR MIND. Say the alphabet backwards or try counting backwards from 100 by 3; 4; 6; etc.



FINALLY

When you feel the urge go away somewhat, stand and calmly walk to the bathroom without rushing. Goal is to stay dry.

If the urge recurs on the way, stop and repeat the above process. Practice this first at home until you are able to suppress the urge and stay dry. Build up that confidence!! Do not be discouraged if control is not immediate. It will take time to change years of habits.