

## Pelvic Health Physiotherapy Bladder Training

### Bladder Training

Bladder training is used to help with symptoms of urgency/frequency and urge incontinence.

Frequency: Going to the toilet more frequently

Urgency: A sudden, strong desire to pass urine

Urge incontinence: Leaking with the sensation of urgency

### Average bladder function

Average capacity: 500ml

Average volume voided: 250-350ml

Average time between voids: 3-4 hours (holding for longer is not to be encouraged)

Average frequency of voids: 6-7 times per day, once at night

Average intake of fluids: 1.5-2 litres per day (including tea/coffee etc.)

### Delay tactics

If frequency is a problem try to ignore the signals in order to encourage your bladder to hold for longer

- Stand still or sit down
- Go up onto your tiptoes
- Cross legs
- Apply firm pressure with your hand between your legs
- Mental distraction (eg. counting, complete a household task)
- Tighten your pelvic floor and the deep abdominal muscles at halfway and try to hold for 20 seconds (see the Women's and Men's Health Pelvic Floor trust leaflet)

### Bladder irritants

- Tea/coffee – caffeinated drinks (decaffeinated varieties can still contain a small amount of caffeine/chemicals that can irritate)
- Fizzy drinks
- Alcohol
- Blackcurrant and citrus fruits
- Artificial sweeteners
- Tomatoes

Set-backs may occur: Cold weather  
When stressed/unwell  
Around the time of menstruation  
Fatigue

## Tips to help

- Build up time intervals – check the time you void and set yourself a realistic time to work towards.
- If you improve the time between voiding this will inevitably reduce the amount you need to get up in the night.
- Try not to empty your bladder ‘just in case’
- Cut down on known bladder irritants
- Try drinking plenty of other fluids – water, herbal teas, diluted squash
- It is healthy to drink around 8 drinks per day (1.5-2 litres). Remember to drink more if you are exercising or if it is a hot day.
- Ensure your urine is a light straw colour after mid-day

## Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

## Sources of information

[www.pogp.csp.org.uk](http://www.pogp.csp.org.uk)

[www.bladderandbowelfoundation.org](http://www.bladderandbowelfoundation.org)

[www.nhs.uk/conditions](http://www.nhs.uk/conditions)

## Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

## Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4731 (direct dial) or by email at: [esh-tr.patientexperience@nhs.net](mailto:esh-tr.patientexperience@nhs.net)

## Hand hygiene

The Trust is committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

## Other formats

**If you require any of the Trust leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department.**

**Tel: 0300 131 4500 x 734434 Email: [esh-tr.AccessibleInformation@nhs.net](mailto:esh-tr.AccessibleInformation@nhs.net)**

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

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**Reference**

Pelvic Health Physiotherapy Department

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Responsible clinician/author: Pelvic Health Physiotherapy Dept  
Directorate: OOH

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