



Blue Ridge Urogynecology

SUPERVISED BEHAVIORAL THERAPY HANDOUT

For Urinary Urgency, Frequency and Incontinence

Bladder Training

Once you have mastered the Urge Suppression technique, you can now train your bladder to increase the time between the initial urge and the time you actually void. Simply follow the Urge Suppression technique, but instead of walking calmly to the bathroom at your normal pace, you will wait a few minutes before voiding. At first you may only be able to postpone voiding by 1 minute, but keep trying to increase the interval between the initial urge and the time you actually void until you are only voiding every 3 to 4 hours. Like any new technique, this takes practice and time to master, so we recommend trying this at home initially until you become more successful.

DELAY voiding after initial urge by _____ minutes.