



Blue Ridge Urogynecology

SUPERVISED BEHAVIORAL THERAPY HANDOUT

For Urinary Urgency, Frequency and Incontinence

TIMED VOIDS

Timed Voids: Timed voids are exactly what it sounds like. You let the clock tell you when to go to the bathroom, not your bladder. It is important to pick a time interval, like every 3 or 4 hours and then stick to it. Often times women find that keeping a bladder diary helps them be more consistent with their time intervals. Your doctor or health care clinician will discuss an appropriate time interval with you if timed voids are indicated for you.