



Blue Ridge Urogynecology

SUPERVISED BEHAVIORIAL THERAPY HANDOUT

For Urinary Urgency, Frequency and Incontinence

URGE SUPPRESSION

Urge Suppression – Freeze and Squeeze:

If you have trouble reaching the bathroom before you start losing urine, we recommend trying this technique.

When you get the urge to urinate:

- Stop and stay still, sit down if you can.
- Squeeze your pelvic floor muscles quickly 3 to 5 times; repeat as needed.
- Relax the rest of your body. Take a deep breath.
- Concentrate on suppressing the urge.
- Distract yourself to get your mind on something else.
- Wait until the urge subsides.
- Walk to the bathroom at a normal pace.