

## Instructions for Controlling Urinary Urge

### When You Experience A Strong Urge To Urinate:

FIRST: **STOP** activity, stand quietly or sit down. Try to stay very still to maintain control. Avoid rushing to the toilet.

SECOND: Contract your pelvic floor muscles by squeezing and letting go 5 to 6 times to keep from leaking, or maintain a holding contraction if you feel as though leakage will occur if you relax the muscles. Pelvic floor contractions send a message to the bladder to relax and hold urine. Try to distract yourself by thinking of something other than going to the bathroom.

THIRD: Relax. **Do not rush to the toilet.** Take a deep belly, or diaphragmatic breath, and let it out *slowly*. Let the urge to urinate pass by using distraction techniques and positive thoughts.

FINALLY: If the urge returns, repeat the above steps to regain control. When you feel the urge subside, walk **normally** to the bathroom. You can urinate once the urge has subsided.



Urge feeling!



Be still & begin  
pelvic floor contractions



Do NOT rush to  
the toilet.



Think positively!  
Distract yourself.