



Urology Consultants, Ltd.

Center for Continence Care and Pelvic Medicine

Instructions to Reduce Urgency

When you experience a sudden urge to empty your bladder:

- Stop and stand very still. Sit down if you can. You need to remain still to maintain control.
- Relax (especially your stomach muscles) Take a deep breath and let it out slowly.
- Squeeze and relax your pelvic floor muscle quickly 3 to 4 times. Repeat as needed. When you feel the urge decrease, walk normally to the bathroom or resume activity in order to take your mind off the bathroom if you have recently voided.
- If the urge comes back on the way to the bathroom, stop and repeat the above instructions.

Practice this technique frequently. Control may not be immediate. However, with time and practice, your urgency and frequency will decrease as you develop more control.

Walker Medical Building

12855 North Forty Drive, Suite 375 • St. Louis, MO 63141-8635

Phone Number: 314-567-6071

Fax Numbers: 314-567-7961 • 314-567-3321

www.ucl-stl.com