



Medanta - The Medicity

Sector - 38, Gurgaon
Haryana 122 001
Tel: +91 124 4141 414
Fax: +91 124 4834 111
info@medanta.org
www.medanta.org



MEDANTA INSTITUTE
OF KIDNEY AND
UROLOGY

PATIENT INFORMATION

URGE CONTROL TECHNIQUES

MCITY/KU/UROL/RORP/P/MAY14/001



Introduction

Managing urge incontinence (leakage of urine) includes urge control techniques. They all require practice and can also be used together. Once you learn the skills, you can hold and release urine at set intervals.

1. Pelvic floor contraction

This helps prevent urine leakage when there is an urgent desire to void by suppressing the unwanted bladder contraction via a spinal cord reflex. It works best if applied early on in an unstable contraction.



2. Perineal pressure

Achieved by sitting on a firm surface such as the arm of a chair or squatting with heel pressure.

3. Toe curling

This exercise can be done anywhere, anytime. Curl your toes downwards as if you were making a fist. Hold this position as long as the urge to urinate is not controlled. Be careful if you tend to cramp - try alternating one foot then the other. Curling the toes of one foot at a time is just as effective.



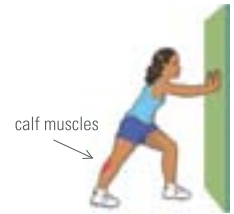
4. Cross thighs and tighten buttocks

Cross your legs when standing and tighten your buttocks. When standing, crossing your legs in this manner helps you hold the urine by compressing the urethra, surrounding tissues and the genito-urinary opening (in females).



5. Calf stretches

This exercise can be done while sitting, standing or lying so it is suitable for most situations. By keeping your knee straight and pulling your foot towards you, you should feel the muscles at the back of your calf being stretched. Hold this position until the urge to urinate passes.



6. Controlled walking

Do not rush to the toilet as it will only stimulate and upset your bladder further. Walk slowly, concentrating on the sensation coming from your feet and combine it with relaxed breathing.

7. Sit when possible

The bladder muscle cannot settle down while moving or walking. You must either stand still or sit in order to gain control over the bladder movement. In order for them to work, the above techniques must be applied before the urge reaches its peak.

8. Mental distraction

Once you have controlled the urge to empty your bladder, stand carefully, keeping abdomen and chest loose and try to divert your mind while you walk towards the toilet. For instance, counting every step until sitting on the washroom or focussing on your breathing can be good distractions. Once your confidence and ability to control the bladder movements has increased, try to hold your urine for 5 minutes before going to washroom. Try to distract your mind by concentrating on something other than the toilet and emptying your bladder, anything will do, e.g. mental arithmetic, shopping list, etc. Gradually you will be able to hold your urine for longer time periods in future.