



### What Is An Urge?

- An urge is a **signal generated by the bladder** as it fills - it is a stretch reflex.
- Urges are **not a command to go to the toilet**; your brain determines what to do with the signal. Urges can be controlled.
- You can compare a sensitive, urgent bladder to children screaming in a candy store...if you give them a chocolate bar (i.e. pee at the first sign of an urge) they will just scream again louder and sooner.
- Dehydration and foods/fluids irritate the bladder lining making the bladder more likely to contract.

### Urge Inhibition Goals

- Get to the restroom on time with no accidents.
- Delay urination to allow for bladder filling to achieve a normal voiding interval of 2-4 hours.
- Dissociate the urge to urinate from the act of urination. Practicing this will make the urge easier to control over time. The more you panic, feel anxious, or rush to the toilet, the stronger the urge will become over time.
- Stop the environmental cues that trigger urgency (like the sound of running water).

### Strategies for Urge Control

- When you feel the urge, **pause and stay calm!**
- Next, **perform 5-10 quick pelvic floor contractions** with full relaxation between repetitions. By contracting the muscles in your pelvic floor, you are sending an inhibitory signal to the bladder, like turning off a light switch. This will help decrease the strength and intensity of bladder contractions.
- You may also **place firm pressure on the perineum**, sit on a hard surface, tap your foot, cross your legs, or perform heel raises to help stop/suppress the urge.
- Once the urge subsides, you may head to the bathroom or choose to ignore your bladder. The urge may return in waves but hopefully not as strong. **When it comes back, repeat this process.**