

Supporting you with Bladder Retraining – Altering Habits



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According to the World Health Organisation bladder problems affect more than 200m people worldwide and in the UK, the NHS has estimated that between 3 and 6 million people have some degree of urinary incontinence. So, if you are suffering due to urinary incontinence, you are not alone, and we want to help and support you as much as possible.

Bladder Retraining

Bladder retraining is a form of behavioural therapy that helps you regain control over toileting habits.

It teaches you to hold on to your urine for longer periods of time and to be able to avoid leaks.

Ultimately, if you are able to dedicate the time to retrain your bladder you will become more independent and have an improved quality of life.

Where to start

The first step is to get a clear picture of your bladder habits from Day 1. To do this you will be asked to complete a frequency/volume chart:

- Record ALL of your drinks; what time you drink them, what type of drink it was and what volume/how much.
- Measure and record EVERY 'wee' that you do.
- Record any leaks and at what time they occurred.

It is important to record this information for at least 3 consecutive days and for the full 24-hour period of each day.

Your Fluid Intake

It is vital that you drink enough fluids to ensure a healthy bladder.

A healthy adult should drink at least 2 litres of fluid a day.

Please remember that your bladder needs you to be drinking plenty of clear fluids and NOT all tea and coffee. Water or water-based drinks are a necessity to maintain a healthy bladder and you should aim to drink 6-8 glasses of water a day.

REMEMBER:

Drinks containing caffeine can irritate the bladder and make your symptoms worse. Some foods can also irritate the bladder, so it will pay to be aware of these and consume them in moderation.

Day 1				Day 2				Day 3			
Time	Intake	Output	Leak	Time	Intake	Output	Leak	Time	Intake	Output	Leak
7am		250ml		7am	150ml	150ml		7am	150ml		
8am	150ml			8am				8am		260ml	
9am				9am		150ml		9am			
10am				10am	200ml			10am			
11am		150ml	✓	11am			✓	11am	200ml		
12	250ml			12		200ml		12		100ml	✓
1pm				1pm				1pm	200ml		
2pm	150ml	100ml		2pm	200ml			2pm			
3pm	200ml	100ml	✓	3pm				3pm	200ml	100ml	
4pm	200ml			4pm		100ml		4pm		150ml	
5pm				5pm	200ml			5pm			
6pm	330ml	200ml	✓	6pm		100ml	✓	6pm			
7pm				7pm				7pm	250ml	200ml	✓
8pm				8pm		200ml		8pm			
9pm	200ml	200ml		9pm			✓	9pm			
10pm	100ml			10pm	200ml			10pm	330ml	100ml	
11pm		200ml		11pm		200ml		11pm			
12				12	150ml			12	100ml	160ml	✓
1am				1am				1am			
2am				2am				2am			

Food & Drink that can irritate the Bladder

Food & Drink that are less bothersome to the Bladder

Tea, Coffee, Green Tea & Hot Chocolate	Water
Carbonated drinks such as Cola	Milk
Alcohol	Bananas, Blueberries, Honeydew & Watermelon
Grapefruit, Orange, Lemon and Pineapple	Leafy green vegetables
Fruit Juices	Mushrooms, Peas, Squash, Potatoes
Tomatoes & Tomato Products	Poultry
Flavour Enhancers – Hot peppers, Spicy food, Chilli,	Red meat
Artificial Sweeteners	Sea Food
Mexican, Thai & Indian Food	Grains – Oats & Rice
	Snacks such as pretzels and popcorn

