



# INSTRUCTIONS FOR CONTROLLING URINARY URGE

Name: \_\_\_\_\_ Date: \_\_\_\_\_

## WHEN YOU EXPERIENCE THE URGE TO URINATE:

- FIRST:** Stop and stand very still. Sit down if you can or stand quickly.  
Do not move; try to stay very still to maintain control.
- SECOND:** Quickly squeeze and let go of your pelvic floor muscles 3 to 5 times to keep from leaking. Use moderate to maximal effort for the exercise. This sends the 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. Take a deep belly or diaphragmatic breath and let it out slowly.  
Try to make the urge to urinate go away by distracting yourself with other activities or distracting thoughts.



Urge Feeling!



Stop and be still.  
Begin pelvic floor  
contractions.



Do not rush to  
the toilet.



Think positively.  
Distract yourself.