

## Overactive bladder information sheet

Having to hurry to pass urine can be a symptom of an overactive bladder . There are certain rules to follow which can help to control your symptoms.

1. When you get up in the morning go straight to the toilet and empty your bladder.
2. Make sure you sit on the toilet correctly.
  - a) Sit on the whole seat ( not perched on the edge).
  - b) Rest your feet on a stool if they do not touch the floor.
  - c) Keep your tummy muscles relaxed by bending forward slightly.
  - d) Relax and wait for the wee to come .
3. Try to do your wee in one go- listen to the sound. Sit for the length of time it takes to sing “Twinkle twinkle little star”- longer if required, to make sure your bladder is properly emptied.
4. Twice a day try “double voiding”-maybe first thing in the morning and last thing at night.
  - a) Go to the toilet as above
  - b) when you have finished weeing, get up from the toilet pull up clothes.
  - c) wait for 20-30 seconds (you can sing dance jump)
  - d) sit down and try to do another wee.
5. During the day you will need to go to the toilet regularly- eg. When you wake, before school, break time, lunch time, home time, dinner time and before bed. If you need at other times, it may be possible to distract yourself from going for a short while.
6. As the wetting improves, you will have to go to the toilet less often.
7. Do not reduce your fluid intake- this will make your problem worse. Have a water based drink at every 1-2 hours. Avoid drinks containing caffeine, fizzy juice and juices from red berries.
8. You may need to think about when you need to do a wee and learn to recognise the signals. You also need to plan to wee- if you know you are going to be doing something like a car journey go before you leave to avoid needing in the car.
9. You may be asked to fill in a chart every time you go to the toilet and record if your pants are dry/ damp/wet – be honest this can help us help you.

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