

# Bladder Retraining



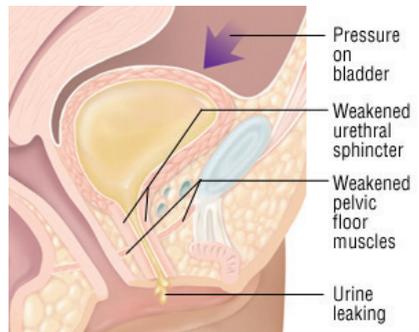
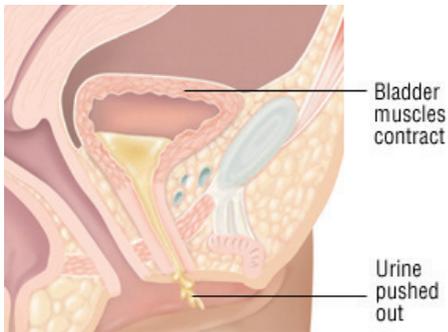
The Geriatric Medicine service provides inpatient and outpatient specialist care to older persons aged 75 years and above. Specialist assessment and individualised holistic management are offered to elderly with bladder and bowel-control problems, memory, mood and behavioural problems and multiple falls or difficulty walking. Patients are cared for by a multi-disciplinary team comprising doctors, nurses, physiotherapists, occupational therapists, speech therapists, dietitians, pharmacists, podiatrists and medical social workers, where necessary.

# What is bladder retraining?

It is a technique that teaches you to resist the sensation of urgency, to postpone voiding, and to urinate at a fixed time rather than in response to an urge.

The goals of the bladder retraining programme are to:

- Improve your ability to control your bladder's urgency
- Reduce your urinary frequency
- Increase your bladder's capacity
- Reduce episodes of incontinence



## Controlling the urge

Your goal is to void every \_\_\_\_ hour. If you get the urge to void and it is not the scheduled time yet, stop all activity and sit down.

Try to do the following:

- Concentrate on an activity, such as counting backwards from 100, or reciting the words of your favourite song.
- Perform 5 quick, strong pelvic muscle contractions several times in a row. This will help you to resist the urgency.
- Take slow, deep breaths through your mouth and concentrate on your breathing.
- Use self-statements such as “I can wait” or “It’s not time to go yet”. Make up something that fits your situation.

## When to toilet

After the urge goes away, try to wait until your scheduled voiding time or at least several minutes later before going to the toilet, whether you feel you have to go or not. Never rush or run to the toilet, walk slowly.

## What to drink

- Water is best! Try to drink at least 6 to 8 glasses (1.5 to 2 litres) of fluid everyday unless otherwise advised by your doctor.
- Limit the amount of caffeine you drink. Do not drink too much coffee, tea and cola.
- Limit the amount of alcohol you drink as it can increase your urine production. Alcohol also makes it difficult for your brain to coordinate with your bladder control.



## When you will notice a change

Do not despair or get discouraged. In time, you will see improvement, and will be urinating every 3 to 4 hours in the day and less often at night.

## For more information

### Ng Teng Fong General Hospital and Jurong Community Hospital

1 Jurong East St 21, Singapore 609606

[www.ntfgh.com.sg](http://www.ntfgh.com.sg) | [www.jch.com.sg](http://www.jch.com.sg)

### Clinic opening hours

Monday – Friday: 8.30am – 5.30pm

Saturday: 8.30am – 12.30pm (Selected clinics only\*)

Dental Clinic: Monday – Thursday: 8.00am – 5.30pm, Friday: 8.00am – 5.00pm

\*Please refer to our websites for more details.

### General enquiries & appointments

General enquiries line: 6908 2222 (24-hr)

Fax: 6716 5500 | Email: [contactus@nuhs.edu.sg](mailto:contactus@nuhs.edu.sg)

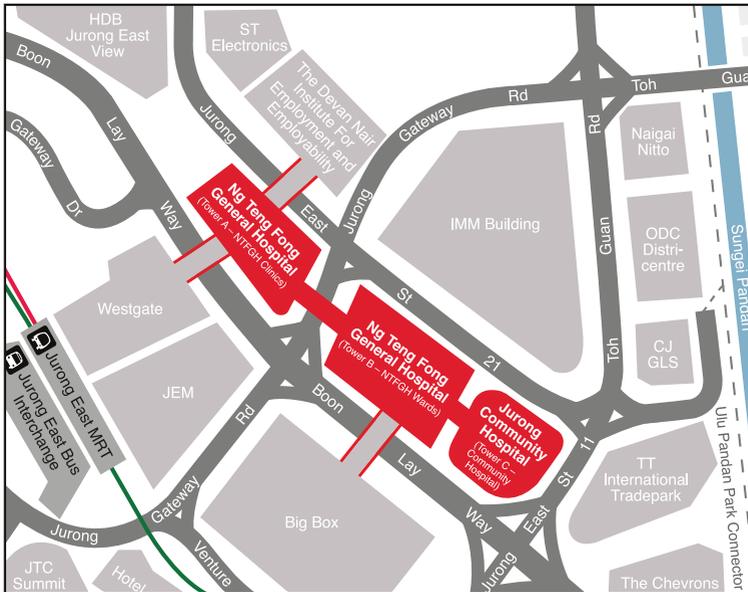
Appointment line: 6908 2222 (Monday – Friday: 8.00am – 5.30pm, Saturday: 8.00am – 12.30pm)

Fax: 6716 2200 | Email: [appointment@nuhs.edu.sg](mailto:appointment@nuhs.edu.sg)

Dental appointment line: 6716 2233 (Monday – Friday: 8.00am – 5.30pm)

Fax: 6716 2200 | Email: [JHCampus\\_Dental@nuhs.edu.sg](mailto:JHCampus_Dental@nuhs.edu.sg)

## Getting there



### By train

Alight at Jurong East MRT Station

### By bus

#### Jurong East Bus Interchange

41, 49, 51, 52, 66, 66B, 78, 78A, 79, 79A, 97, 97E, 98, 98M, 105, 143, 143M, 160, 160A, 160M, 183, 183B, 197, 333, 334, 335, 506

#### Along Boon Lay Way

49, 99, 333, Private bus service 625, 990

### Disclaimer:

The information in this brochure is meant for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek your doctor's advice before starting any treatment or if you have any questions related to your health, physical fitness or mental condition. Information is accurate at the time of printing.