

What To Do When You Feel a Strong Urge To Urinate

In general:

- Stop and be still. Start your pelvic floor contractions.
- Don't rush to the bathroom.
- Think positively. Distract yourself.

Follow these steps when you have a strong urge to urinate:

First	<ul style="list-style-type: none"> ■ Stop what you are doing. ■ Stand quietly or sit down. ■ Stay still to maintain control. ■ Avoid rushing to the bathroom.
Second	<ul style="list-style-type: none"> ■ Squeeze and relax your pelvic floor muscles and relax 5 or 6 times. These pelvic floor contractions send a message to your bladder to relax and hold the urine. ■ Hold a pelvic floor contraction for 5 seconds if you think leakage will occur if you relax. ■ Try to distract yourself by thinking of something other than going to the bathroom.
Third	<ul style="list-style-type: none"> ■ Take a deep breath from your belly or diaphragm and let it out slowly through your mouth. ■ Let the urge to urinate pass by using positive thoughts and doing something else.
Fourth	<ul style="list-style-type: none"> ■ If the urge returns, repeat the first three steps. ■ When the urge goes away, walk normally to the bathroom. ■ You can urinate once the urge has stopped.