Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

How to retrain your bladder

A patient's guide

You need to retrain your bladder to reduce the number of times you have to use the toilet.

Before doing bladder retraining you should complete a bladder chart, detailing when and what you drink and when you go to the toilet or leak urine. This can be used as a baseline chart to measure progress.

You need to gradually increase the time between visits to the toilet. This will take some time and perseverance. You need to start by putting off going to the toilet by just 1-2 minutes for a few days, then 5 minutes for a week, then 10 minutes, then 15 minutes etc.

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Try to distract your mind from your bladder when you get the urge to go - sit down, recite the alphabet backwards, do pelvic floor exercises (see separate leaflet). Over a few weeks/months you will be able to stretch the times between going to the toilet. Your ultimate aim will be less than eight times a day.

It is useful to complete a bladder chart every 4-6 weeks in order for you to see how you are progressing, and set goals to achieve in future weeks.

Medication Therapy

There are tablets available to help with bladder retraining if you find the process especially difficult.

These help the bladder muscle to relax, allowing longer in-between visits to the toilet and reducing accidents on the way to the toilet.

PHARMACY