

Bladder & Bowel Care Service

River Place Health Centre
Essex Road
London N1 2DE
Telephone: 020 3316 8401

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.

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Whittington Health NHS Trust
Magdala Avenue
London
N19 5NF
Phone: 020 7272 3070
www.whittington.nhs.uk

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Urgency / Frequency Information Sheet



Urgency means having to hurry to pass urine. Frequency means having to go to the toilet eight or more times in 24 hours.

They are caused because your bladder is over-sensitive, the bladder muscle starting to contract before your bladder is full.



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The following advice will help to reduce your problems:

- Do not reduce your fluid intake. This will concentrate your urine and irritate your bladder. Far from helping, this may make your problem worse and can also cause constipation.
- Try to avoid drinks containing caffeine (tea, coffee, chocolate, cola) as these are diuretics, making you produce more urine. They also irritate your bladder.



- Alcohol and fizzy drinks may also worsen your symptoms, so try to limit these.



- Avoid passing urine “just in case”- wait until your bladder is actually full.
- Try to increase the amount of time between visits to the toilet (see bladder retraining advice overleaf)
- Do not try to hold on at night – it will only keep you awake. Practising holding on in the daytime will gradually help night time problems.
- If you have been prescribed water tablet (diuretics) you must take them no matter how often they make you want to go to toilet. Discuss this problem with your nurse or doctor.