

URGENCY DELAY



When a strong urge comes on:

Stop, try not to panic!

Do a few diaphragmatic breaths: focus on expanding your lower abdomen and not your chest.

Continue to stay in control, do not rush to the bathroom.

You can sit on a rolled up towel or maintain some pressure with your hand on your perineum to offload and support your pelvic floor muscles.

Do several pelvic floor muscle contractions. Performing some quick contractions can help you relax your bladder.

Return your pelvic floor muscles to a relaxed, resting position.

Distract yourself by thinking of something other than your bladder. Talk yourself through the steps of what you're currently doing, count backwards from 100 by 7's.

Be positive, you can do this!

Finally, once the urge subsides, take a moment to see if you actually need to use the washroom. If you don't, continue on with your day. If you do, make your way to the washroom calmly.

Sasja Drechsler

PELVIC HEALTH PHYSIOTHERAPY

