

## How to Control Urinary Urgency

Every time you feel the urge to urinate, stop immediately and get control. **Settle every urge before walking to the bathroom.**

The following tips will help you to settle the urge

- If you are walking: **stop moving!**
- If you are standing: **sit if possible.**
- **Tighten up your pelvic floor muscles** (like doing a short hold ‘em). You can also do a few mini pumps with your muscles. Repeat 2 to 6 times and then hold again, depending on the strength of the urge. Visualize how your muscles are clamping around your urethra, the tube leading from the bladder.
- **Use positive self-talk.** Tell your bladder to “Stop it!” Tell it to calm down. Tell yourself “I will not leak”! Believe you can get control! Remember YOU are the boss, not your bladder.
- **Stay calm.** Breathe. Tell yourself “I will not let a drop out. I am in control.”
- **Distraction** improves control.
- Try **rubbing the back of your thighs** a few times, **curling your toes** or **rising up on the balls of your feet** to calm your bladder. These will have a calming effect and help settle the urge.
- At home **press your hand** against the area where the urine comes out. This calms your bladder and reduces urgency.

## **Be aware of the triggers that may cause a strong urge:**

- “Key in the door”- as you arrive home
- Running water
- Seeing the toilet
- Freezer aisle of the supermarket
- Cold, wet weather

To settle these, tighten up your pelvic floor muscles- do a few short hold’ems, talk to your bladder, **don’t move**, wait for the urge to pass before moving. It will!

\*\* With “**key in the door**” problem, empty your bladder before going home. When you get home, settle the urge using urge control techniques. Then do a few things around the house like turning on the kettle, or your computer, check phone messages etc...

**Do not go immediately to the bathroom. You are trying to break the habit of coming home and running to the bathroom.**

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