

URGE SUPPRESSION

This instruction sheet describes a method of dealing with sudden urgency (“I gotta go”). Urge suppression has proved to be one of the most useful first-line management methods for patients with urgency incontinence.

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This is a method for dealing with those sudden urges to empty the bladder and to prevent them from causing leakage. To do it properly you will need to master pelvic muscle exercises first.

If you suffer from urge incontinence you will find that being able to do urge suppression gives you a feeling of control over your bladder that you did not have before.

Urge suppression is also used as part of Bladder Retraining—see separate instruction sheet.

How to do urge suppression

- 1. If you get the urge to empty your bladder in between bathroom visits and fear leakage, you should not rush to the bathroom, but stay calm, sit or stand still.**
- 2. You should try to suppress the urge to go:**
 - Take a deep breath. Relax. Breathe slowly.**
 - Squeeze the pelvic floor muscles quickly. Do 5-10 squeezes. (See pelvic muscle exercise instructions.)**
 - Distract yourself by counting backwards or something else.**
- 3. Once the urge is gone, walk to the bathroom; go slowly.**