

## THE BLADDER DRILL FOR OAB

Your urgency and urinary leakage is due to abnormal nerve functions of your bladder. With a good attitude and determination you can cure your overactive bladder (OAB).

The purpose of the bladder drill is to help you regain control of her bladder by suppressing its contractions. You will learn to increase the capacity of your bladder and prolong the interval between urination.

In a short time, you will see remarkable improvement; this improvement should be permanent if you continue this for at least 12 weeks.

### INSTRUCTIONS

When you awaken each morning, empty your bladder by urinating as much as you can. Then began urinating every 1 hour until bedtime. Continued this schedule for one week. **DO NOT URINATE EARLIER THAN 1 HOUR!** Either wait or be incontinent. Try to distract yourself so you do not think about the need to void and tighten your pelvic floor muscles which may suppress the urge also. Perform this only during the day; ignore the frequency of urination overnight.

To keep your urination schedule accurately, I suggest you set your alarm clock, watch or cell phone for each scheduled urination time.

Beginning the second week, proceed to extend urination intervals every 1-1/2 hours. Maintained this schedule for one week. If you are unable to extend urination or feel uncomfortable, you may maintain the same interval until you are ready to proceed.

Continue to extend urination intervals by adding 1/2 hour every week. By the third week, urination intervals may be extended to every 2 hours, and so on.

The bladder drill is a simple, effective treatment without side effects. For the best chance of success, do not become too anxious to extend urination intervals. Remember to remain at the same interval until you are ready to proceed.

If you have too much difficulty getting beyond the first week or two, a medication can be prescribed to give you a kick start. Remember that alcohol, caffeine, and carbonated beverages will aggravate your symptoms and work against you, so eliminate or dramatically reduce them. Also, work on measures to avoid constipation, since it worsens bladder symptoms. Finally, obesity has been shown to be a contributor to over active bladder, so work on good nutrition and exercise to maintain a healthy weight.

Good luck!  
Dr. Hackenberg