



Tips to control
your bladder

elsilcock.com

STAY HYDRATED

If you're a leaker or are always looking for the toilet, you might be limiting how much water you drink in an effort to have more control of your bladder.

But the thing is that your bladder is more annoying when it's dehydrated.

So, sip water steadily throughout the day to make your bladder less irritable and prone to leaks or strong urges.

FIND YOUR IRRITANTS.

If you find that your bladder control is worse after that fizzy water, a glass of wine, that iced coffee or that sweet cocktail, try to drink a small glass of water before AND after that drink.

This will help to dilute the contents of your bladder and in turn, your bladder will be less irritated.



Stay Calm.

When you do get a sudden + strong urge to go, take it easy. Instead of rushing to the bathroom right away, see if you can control your reaction to that urge and head to the bathroom calmly.

When we routinely panic or rush when we get a strong urge to go, our brain makes an association between those two things:

URGE TO PEE ➡ PANIC.

Soon enough, every urge you get will be met with panic.

To retrain your nervous system response, take a few deep diaphragmatic breaths + distract yourself from the urge for a short while.

Then, when the urge isn't so strong AND you're not panicking, head calmly to the bathroom.