

# BLADDER TRAINING

## DRINKS

Try to have 6-7 drinks regularly up two hours before you sleep. This will help to improve your bladder.

## BLADDER CAPACITY

When you feel your bladder is full, wee into a measuring jug. Make sure you note down the volume (in fluid oz or mls). Try to take one or two measures a week.

## TOILETING

Plan to try for a wee at least 6-7 times a day. You can go after every drink you have or at break time during school.

## URGENCY

If you get a sudden feeling of needing to wee, check the feeling for 5 seconds. If the feeling goes away, that's great, your bladder is working for you. If the feeling becomes stronger, go for a wee straight away – that's you being in control.

## CHECK YOUR PROGRESS

You should find a decrease in urgency and increase bladder capacity. This means you'll be experiencing more dry nights!