

# Urge Suppression

Urge incontinence is the loss of urine when you have a strong desire to urinate and you are unable to reach the bathroom in time. The urge is a signal that it is time to urinate. Your goal is to maintain bladder control until you reach the toilet. A normally functioning bladder can wait until the appropriate opportunity to empty, an unstable bladder cannot.

For a person with urge incontinence, rushing to the bathroom when you have a strong urge to urinate is the worst thing you can do. Rushing actually causes bladder irritability to increase and interferes with your ability to concentrate on controlling your bladder. When urgency strikes, you should use “urge suppression” technique to maintain control.

## Urge Suppression Technique:

1. Stop all movement immediately and stand still. Sit down if possible. Remaining still increases your ability to stay in control.
2. Squeeze your pelvic floor muscles quickly and tightly several times. Do not relax the muscles fully between these very quick squeezes. Squeezing your pelvic floor muscles this way signals the bladder to relax and increases your feeling of being in control.
3. Take a deep breath and relax. Shrug your shoulders and let them go limp. Release the tension in the rest of your body.
4. Concentrate on suppressing the urge feeling. Some find distraction an effective technique.
5. When the strong urge subsides, walk slowly and calmly to the bathroom. If the urge begins to build again, repeat the above steps, you can also try contracting your muscles as you walk to the bathroom.

\* Remember: going to the bathroom is not an emergency!