



# Behavioral Therapy for Urinary Symptoms

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## What is behavioral therapy?

Behavior therapy helps improve urinary symptoms by training the bladder to empty at a predictable schedule. You may find the following treatment helpful for your urinary symptoms.

- Drink the same amount of fluid at the same time everyday
- Avoid drinking more than 64 ounces (8 cups) of fluids daily. Limit or stop drinking caffeine, coffee, tea, and alcohol.
- Empty your bladder on a predictable schedule. Start by emptying your bladder every hour during the day. After 1 week, increase by 15 minutes. Continue to increase by 15 minutes once a week until you are able to hold your bladder for 2-3 hours.
- Do Kegel exercises. Squeeze the pelvic muscles as if trying to prevent yourself from passing gas. Hold for a count of 5 and relax for a count of 10. Repeat 15 times and do this twice a day.

## Contact Information

If you have any questions, please contact the University of Michigan, Department of Urology at 734-936-7030 during business hours (8:00 am - 5:00 pm). After business hours and on weekends, please call 734-936-6267 and ask to speak with the Urology Resident on call. If you need to see a doctor right away, please go to the nearest Emergency Room (ER). Have the ER doctor contact the University of Michigan urology resident on call for assistance.

Disclaimer: This document is for informational purposes only and is not intended to take the place of the care and attention of your personal physician or other professional medical services. Talk with your doctor if you have Questions about individual health concerns or specific treatment options.

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