

Controlling Urinary Urgency

Follow the steps below to exercise better control over your **urinary urges** (the feeling of needing to pee):

1. Stop moving and be still. Sit if you can. Sitting helps to calm the bladder and puts pressure on the pelvic floor.
2. Tighten your pelvic floor muscles as hard and as fast as you can 5 to 6 times. This sends a message to your brain to relax your bladder and hold in your urine (pee).
3. Take a deep breath and relax. Try to distract yourself by thinking of something other than going to the bathroom. Use positive thoughts.
 - Try squeezing and relaxing your hands, or putting pressure on the balls of your feet by doing heel raises.
 - Say to yourself, “I can do this. I’m in control, and I don’t have to go to the bathroom.”
4. When the urge to pee returns, repeat the above steps to get control. When you feel the urge calm down a little, walk normally to the bathroom. **Do not rush.** Do not start to undress before getting to the toilet.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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