

# Bladder training

## Drinks

Have **6 - 7 drinks regularly** throughout the day (up to two hours before you go to sleep).  
Drinking improves your bladder.

## If you get a sudden feeling you need to wee (urgency)

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.

## Toileting

Plan to go for a wee 6 - 7 times a day.  
Either go each time you have a drink or at break times at school.

## Measure bladder capacity

When you have a feeling that your bladder feels full, wee into a measuring jug.

Make a note of the volume (in fluid oz or mls).

Avoid measuring the first wee in the morning.

Take one or two measures a week.

## Check your progress – you should find:

- Less urgency
- Increased bladder capacity
- More DRY nights

