

Urge Control Techniques

These techniques can be tried to distract you away from feelings of urge to use the toilet:

- Stop!
- Sit down! Try and sit on something hard like the arm of a chair.
- Try standing on tiptoes.
- Contract the pelvic floor muscles quickly and repeat 5-8 times!
- Walk slowly to the toilet!
- Distract your brain: attempt to list the name of a boy and a girl for each letter of the alphabet, reciting your times tables, a favourite poem, doing Sudoku or singing, or anything else that will stop you thinking about your bladder!