

Bladder Training check list

Be the Bladder Boss

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1. Fluid intake volume							
2. Fluid timing - stop fluids 2 hours before bed							
3. Fluid type - minimize caffeine, soda, acid, alcohol							
4. Mindful eating, Lose weight							
5. Do not get constipated							
6. Stop or cut down on smoking							
7. Urinate in the toilet every hrs							
8. Urge suppression Stop, sit, relax, distract ...							
9. Avoid "just in case" except before bed and exercise							
10. Notice triggers and work to desensitize them							
11. Do your pelvic floor exercises							
12. Electrical stimulation							
13. Meditation, relaxation, breathing							
14. small pad and good skin care							