



VICTORIAN CONTINENCE RESOURCE CENTRE

# Practical Tips for when you're Simply Busting

Use these steps to help calm your bladder down when you're desperate for the loo and it's just too far away to reach safely.

Urge suppression can also be used to train your bladder to hold more urine, but it's important to have a check-up with a continence nurse, physio or doctor first to make sure that it can empty well, there are no infections and it isn't already over-stretched.

## Step 1. Stand still or sit down if possible

Movement stimulates the bladder to want to empty

## Step 2. Apply pressure to your perineum

Either by sitting on the edge of the chair or crossing your legs. (In private you can apply pressure with your hand, but you risk ridicule if you're over 4 and you grab your privates in public 😊).

## Step 3. Point your toes or pinch your Achilles tendon

This activates the nerves that calm the bladder.

## Step 4. Distract yourself from the current bladder trouble.....

by counting backwards or reciting a poem. (Keeping your mind off your bladder helps).

## Step 5. Wait a minute or two for the bladder to calm down

## Step 6. Walk slowly and calmly towards the nearest loo

Repeat steps 1 to 5 if the loo is far away and the urge returns before you've made it

Please be mindful that your Continence Consultant has shared this advice with you for the condition you have. This might not be appropriate for your friends and family, so please think carefully before sharing

Call 1300 220 871 for additional advice or to book an appointment .

For further information contact (03) 9816 8266 | 1300 220 871  
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