



The Johns Hopkins  
Women's Center for Pelvic Health



## Bladder Drills or Timed Voids

Bladder drills can help you urinate less frequently. This treatment can also increase the amount of urine your bladder can hold and decrease the sense of urgency and/or leakage.

Avoid drinking or eating anything that will cause your bladder to be irritated (see bladder irritants sheet). Start during a time of the week when you will easily be able to get to a bathroom. Be sure to drink 6-8 glasses of fluid (primarily water) each day. This will fill your bladder normally and decrease bladder infections.

When you get a strong urge to void before it is time, do 2-3 quick contractions of your pelvic floor muscles to quiet your bladder then sit until the urge passes.

Day 1-3: After you wake up. Empty your bladder every hour (even if you don't need to). Example: If you wake up at 7 am, use the bathroom at 7am, and wait until 8 am to urinate again. At 8am, urinate whether you feel you need to or not.

Day 4-6: Now increase the amount of time between voids to every **1 ½ hours**. Continue to drink plenty of water. Use the bathroom at night if needed.

Day 7-9: Increase the amount of time to **2 hours** between voids.

Day 10-12: Increase the amount of time to **2 ½ hours** between voids.

Continue to increase your time between voids from **3** to **3 ½ hours**.

Tips for success:

- Write down your schedule.
- Use a timer to remind you.
- If increasing by ½ hour is too difficult, increase your time by 15 minutes or less.
- Don't increase to the next level until you are comfortable with the schedule.