

GAINING CONTROL OF URGENCY AND FREQUENCY

Urinary urgency is the sudden, strong feeling of needing to void or empty the bladder immediately that may result in urine leakage on the way to the bathroom. Urgency tends to occur in waves. It begins, grows in intensity until it peaks, and then subsides and stops until the next wave begins (see figure below). **Frequency** often accompanies urgency. It refers to voiding often, typically more than 8 times or more in a 24-hour period.

When you feel urgency, it is important to not rush to the bathroom. Rushing causes movement that can jiggle your bladder, which then increases the feeling of urgency and the risk of urine leakage. Wait until the urgency subsides, then walk slowly to the bathroom.

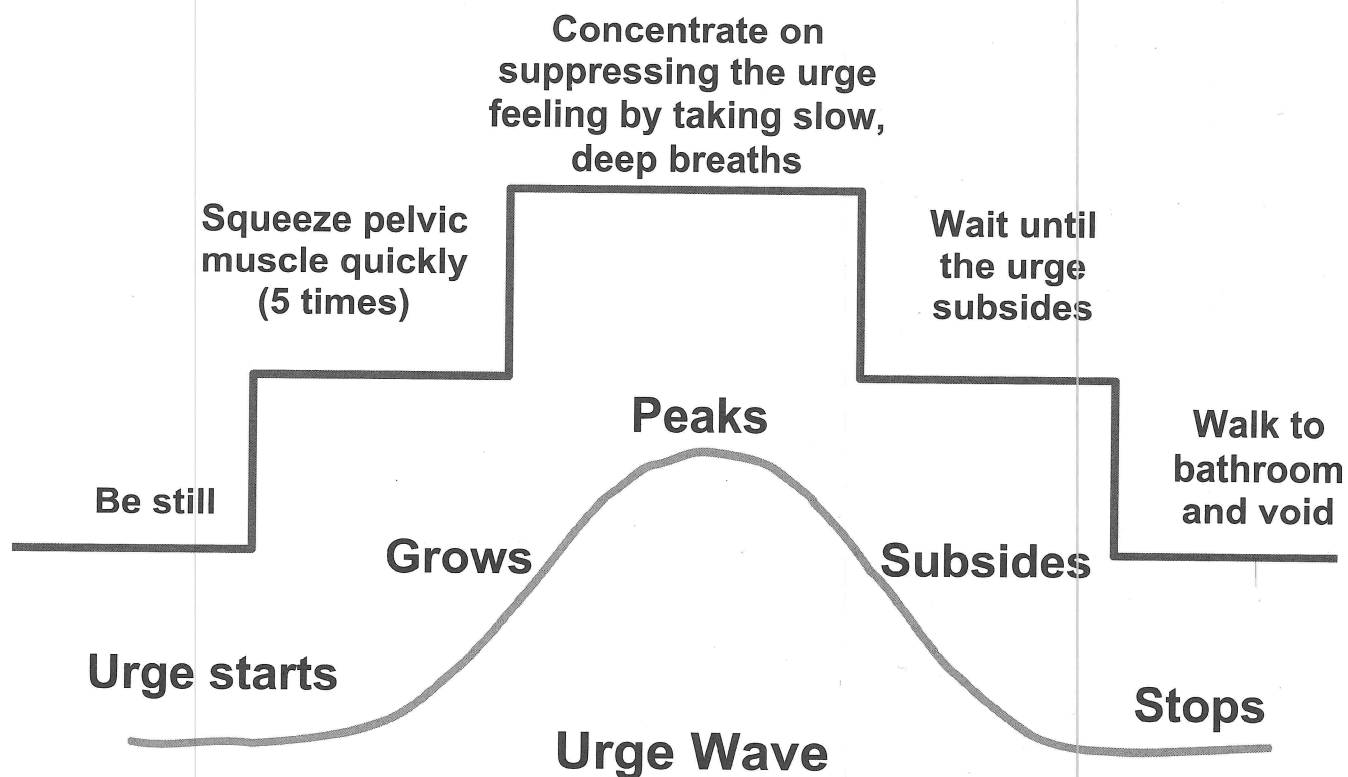


Diagram - Newman DK, Wein AJ. *Overcoming Overactive Bladder: Your Complete Self-Care Guide*. Oakland, CA: New Harbinger Publications; 2004:83. Excerpted with permission from Diane Newman.

