

BLADDER TRACKER KEEPER HOW TOS

Often times, it is helpful for people to track the food or liquids they consume and how often they had an urge or leakage episode. Please click on the BLADDER TRACKER KEEPER below if this sounds like something you would like to log to see how you are doing in the coming weeks.

There is a column for time. This is helpful as you go through the next month or so to track how often you urinate, whether it is during the day or night. I recommend tracking this for about three to five days total, getting a sampling of your habits during a typical week. If you are still working, it is a good idea to track a few work days and a weekend to see how your bladder behaves (or doesn't). This is a great tool to use at the start of your journey, then "spot" check it in a few weeks to see if you are going at a more reasonable time frame. On average, you should be going 5-7 times per day (or every 2-3 hours or so), waking once or not at all at night.

If you do not feel the urge very frequently during the day, and your bladder knocking at your door a bunch after work or at night, you may have to schedule a few reasonably spaced trips to the restroom during the day to encourage the habit. So, for example, if you typically can boast a five hour time frame when you do not have to go, say at work when you are very busy and distracted, set an alarm to walk to the restroom after about 2 ½ hours into this phase. Please do not ever push out or force urination or a BM, but just do everything you would normally do if you had to go. This can encourage a scheduled healthy habit loop that can help if you have flip flopped your days and nights.

There is a column that is titled "Count your stream in seconds." This is just how it sounds. So, instead of measuring how much you have actually urinated (yuck, right?), you can just start counting "one one thousand, two one thousand, three one thousand," and so on, to see just how many seconds for you is a truly full bladder. For example, if I have a few beers and a water and break the seal finally, my second count could be up to 25 seconds. For you over-active bladder sufferers, you will be able to notice what time of day your bladder is full vs not so much. You may have a bladder tracker full of 15 trips to the restroom each lasting 5 seconds. Try to space out those slowly and have a reasonable goal. In other words, if you are going every hour or so, try to calm the bladder using the URGE RELAXATION TECHNIQUE from the class to add 15 minutes to 30 minutes to the time.

If you wake up frequently, find out which "wake up" is a fairly full bladder for you and which wake up is just a trickle. If it is just a few seconds, you know your signal from the bladder was a ruse or an inaccurate habit loop. Mark the time and use the URGE RELAXATION TECHNIQUE from the class to see if you can "eliminate" (pun intended) that wake up.

There is a column entitled "Did you leak?" This is a great way to track your progress to see if you have improved from the start of our journey and "spot" check in a month or so. Occasionally I have seen patients who say they did not improve much in four weeks, however when they track the number of times they had incontinence in a given day, they see that it may have gone from 10 times to 5 times per day. This is a wonderful confidence builder.

Track your pad usage. This column is also a wonderful way to see your progress. If you typically use six large pads per day, in a month you may be down to three. Or maybe if you use 4 panty liners and are down to two – that's SUCCESS!!! You will notice your wallet getting fatter, too!!

Type of fluid and amount columns. Just get a general idea of what you drink and how much of it you consume on a typical couple of days. Bladders get cranky if they are dehydrated and may give you more trouble with urge and frequency. You may notice certain types of fluids are not helpful. For example, coffee has more caffeine in it than tea, but for me personally, I go a bazillion times in the morning if I have a cup of tea. Find out what works for you.

Please do not become obsessive about this tracker – try to do a few days at the beginning to get a baseline and forget about it for a few weeks at a time. Progress with muscles vs gravity vs liquids can be subtle, but over time, you will see your successes!!