

# Voiding Schedule for Bladder Control Problems



When you have an overactive bladder, it is very important to go to the bathroom on a regular schedule. The schedule we suggest is:

1. Go to the bathroom first thing in the morning.
2. Go to the bathroom before and after **every** meal.
3. Go to the bathroom at bedtime.

Go to the bathroom and empty your bladder at these times, even though you don't think you need to. This will help keep you dry until the next time you go to the bathroom.

Source: UAB Continence Program at The Kirklin Clinic, Birmingham, AL

## Tips for caregivers of persons with memory impairment:

- 1 Try this voiding schedule for 3 days. If it will work, you can tell in 3 days.
- 2 Don't ask the person if they need to go to the bathroom (they usually say "No"), just remind them it is time and encourage or assist them to the restroom.

The AGS Foundation for Health in Aging (FHA) aims to build a bridge between the research and practice of geriatrics health care professionals and the public, and to advocate on behalf of older adults and their special needs: wellness and preventive care, self-responsibility and independence, and connections to the family and community.