

膀胱訓練



正常的小便習慣

一般而言，成人的膀胱容量可達300至500毫升。白天小便四到六次，夜間小便一次被視為正常。雖然尿量會依據水分攝取而變化，但每次的尿量應約為200毫升或以上。



如果小便次數超過這個範圍或每次的尿量低於正常水平，可能表明你已養成不良的膀胱習慣。

步驟

1

記錄小便日誌

在訓練計劃開始前，建議記錄小便日誌，以了解自己的小便習慣。

2

居家訓練

建議在家中洗手間開始訓練，可減少心理壓力。

3

延遲排尿

當有尿意時，暫時不要立即去廁所，可嘗試將注意力轉移，以逐漸延長小便的間隔時間。

控制尿急的策略

- 請於尿急時，慢慢停下並坐下（如果情況允許）。
- 緩慢地深呼吸、鎮定並放鬆身體、重複地收縮骨盆底肌肉、以降低尿急感、抑制膀胱逼尿肌收縮並避免漏尿。細節可參考骨盆底肌肉運動單張。
- 坐下時雙腿繞著、蹲下或可用力坐在椅上都可給會陰帶來壓力，減少漏尿。
- 可以作一些分散注意力的事情，如由100倒數、哼歌或看電視。
- 當尿急感覺減低後，如果條件允許，嘗試等候數分鐘，甚至等候至下次小便時間，否則可如常小便。
- 請勿匆匆跑去小便，應慢慢步行到洗手間，以免再次刺激膀胱。



膀胱訓練是甚麼？

膀胱訓練是一種通過調整小便間隔來增強膀胱的伸展能力，旨在恢復正常的小便習慣。同時，也有助於減少小便頻率和改善尿失禁的情況，男女均適用。



4

延長小便相隔時間

當小便時間初步達標後，逐步延長小便間隔。

5

堅持

最初或許有困難，可能只延長2至3分鐘的忍耐時間，但只要持之以恆，最終會適應。

請保持良好的飲水和小便習慣

- 每天飲水6-8杯，大約1.5公升。飲水時間應平均分佈，不應在短時間內大量進水。
- 請避免飲用含酒精或咖啡因飲品，如濃茶、奶茶、咖啡、汽水、啤酒或朱古力類飲料，味道太濃、太甜、太鹹或辛辣之食物亦應盡量避免。
- 可以多吃含纖維食物如蔬菜水果以保持有規律的大便習慣。
- 在睡覺前3-4小時避免進水。
- 避免「以防萬一」而去小便。
- 以骨盆底肌肉運動來配合膀胱訓練。
- 每天將小便情況記在小便記錄上，以作參考。
- 準時定期覆診見醫生及護士。

BLADDER TRAINING



What is Bladder Training?

Bladder training is a method that enhances the bladder's stretching capacity by adjusting the intervals between urinations, aiming to restore normal urination habits. This training is also beneficial for reducing urinary frequency and improving incontinence issues, and is suitable for both men and women.

Normal Urination Habits

Generally, an adult's bladder can hold 300 to 500 milliliters of urine. Urinating four to six times during the day and once at night is considered normal. The amount of urine depends on fluid intake, but each urination should be about 200 milliliters or more.



If you are urinating more frequently or in smaller amounts, you may have developed poor bladder habits.



Steps for Bladder Training

- 1 Keep a Urination Diary**
Before starting the training plan, record your urination habits to understand them better.
- 2 Start Training at Home**
Begin your training during the day at home, where a restroom is nearby to reduce psychological stress.
- 3 Delay Urination**
When you feel the urge to urinate, try not to go immediately. Distract yourself to gradually extend the time between urinations.

Strategies to Control Urgency:

- When feeling urgent, take a moment to stop and, if possible, sit down.
- Take slow, deep breaths, calm and relax your body, and contract your pelvic floor muscles to reduce urgency and suppress bladder contractions, avoiding leakage. For details, please refer to the pelvic floor muscle exercises leaflet.
- Cross your legs while sitting, squat, or apply pressure by sitting firmly in a chair to alleviate leakage.
- Engage in distracting activities, such as counting down from 100, humming a tune, or watching TV.
- Once the urgency subsides, if possible, wait a few minutes or until the next scheduled urination time; otherwise, go as needed.
- Do not rush to the restroom; walk slowly to avoid further bladder irritation.

- 4 Gradually Extend Intervals**
Once you initially achieve your urination targets, slowly increase the time between urinations.
- 5 Be Patient**
Initially, it may be challenging to extend your tolerance by only 2 to 3 minutes, but with persistence, you will gradually adapt.

Maintain Good Drinking and Urination Habits

- Drink 6-8 cups of water daily (about 1.5 liters). Distribute your fluid intake evenly throughout the day, avoiding large amounts in a short time.
- Avoid beverages with alcohol or caffeine, such as strong tea, milk tea, coffee, soda, beer, or chocolate drinks. Also, limit overly strong, sweet, salty, or spicy foods.
- Consume fiber-rich foods like fruits and vegetables to maintain regular bowel habits.
- Avoid drinking fluids 3-4 hours before bedtime.
- Do not urinate "just in case".
- Combine pelvic floor muscle exercises with bladder training.
- Record your urination patterns daily for reference.
- Schedule regular follow-ups with your doctor and healthcare provider.