



Tri City Urology

Adult & Pediatric Urologists ▼ Board Certified

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What To Do When You Have the Urge?

Name _____ Date _____

When the urge to urinate hits, when the key is in the door and you don't think you can make it fast enough to the bathroom, what do you do?

- Stand quietly with relaxed posture.
- Breathe slow and low, 3-4 breaths.
- Tighten the pelvic muscles 4-5 times in quick contractions.
- Visualize a quiet and peaceful place.
- Continue to the bathroom after the urge has quieted if it has been 2-3 hours since the last toileting.