



## WHAT IS OVERACTIVE BLADDER?

The bladder is a muscle which contracts to empty the bladder when it is full and you are ready to empty. An overactive bladder means the bladder contracts before it is full. It can sometimes contract when you are not ready. You might go to the toilet often and find it hard to hold on until you get there. At times you may leak urine on the way to the toilet.

## WHAT CAUSES OVERACTIVE BLADDER?

Poor bladder control may be due to health problems, such as:

- stroke.
- having an enlarged prostate gland.
- Parkinson's disease.

An overactive bladder can be due to poor bladder habits over a long time.

For some people the cause is unknown.

## WHAT ARE NORMAL BLADDER HABITS?

It is normal to:

- empty your bladder when you get out of bed in the morning.
- empty your bladder about 4 to 6 times through the day.
- empty your bladder before you go to bed at night.

A healthy bladder holds about 1.5 to 2 cups of urine. This is equal to 300 – 400mls. Your bladder holds this much during the day. It holds more during the night, before you feel the need to pass urine.

This pattern may change in older people. Older people may make more urine at night. This means they may have to pass more urine through the night than they do in the day.

## ENÕ Ë WAAT ALËËC?

Alëëc ë riäl wënë yë ic cuõt ku bë læc la aŷer tē cī yen thīän ku yin abī ya kē nēk la laac. Waat alëëc ë lon bī alëëc yic cuõt tuer tēnē cī yen thīän. Yen alëu tēdään bī rot cuõt kaam kec yin rot guir ba la laac. Yin adhil ba guõ la tēnē yon-laac ye menē ku menē ku yök ka rilic apëidit ba læc gum agut tēnē bī yī ŷet tänē. Tē cīmene ka yin alëu bī læc guõ waat (leak)dhölic kē yī la tēnē yon-laa (toilet).

## ENÕ ALËËC LOOI BË LËC WÄÄT?

Rëc alëëc bë læc cī gël alëu bī ya tuany, cīmene:

- yup/thiäkic riäl (stroke).
- naŋ dīt abëŋ/athëŋ (an enlarged prostate gland).
- tueny riällic (Parkinson's disease).

Waat alëëc alëu bī ya kuöc rëer alëc thää bäärlic apëidit.

Tēnē koc kök kēnē yë cak acië akuc.

## ENÕ Ë CÖL ALËËNY RËËR APATH?

Yen ë kēwën rëër ka kē tuany tēnē:

- yin alëënydu jal wäälic wei tē cī yī rot jöt thīn ë gen thīäkdur.
- Alëënydu aban cīmene arak 4 agut 6 thäärat aköktökic.
- Alëënydu ë wäälic wei tuer kaam kēc yin la agen nhom wäköu.

Alëëny piath ë muk aban cīmene 1.5 agu t 2 kubaai ë læc (cups of urine). Kēnē ë kē cīmene tēnē 300 – 400mls. Alëënydu ë muk læc cīt kēnē aköl. Yen muk læc juëc apëi waköu, tuer tē cī yin ë yök kē yī wic la laac.

Akuën cītmen kēnē alëu bī rot waar tēnē koc dīt cē dhīop. Koc cē dhīop alëu bīk læc juëc arëtic looi wäköu. Kēnē ë wët dē yic keek alëu bīk naŋ lon yë kē laac ye læc juëc apëi wäköu tēnē lon ye keek laac looi thīn aköl.





## WHAT IS BLADDER TRAINING?

The aim of bladder training is to improve symptoms of overactive bladder. Bladder training teaches you how to hold more urine in your bladder without feelings of urgency. Visit your doctor, a continence nurse advisor or continence physiotherapist if you have some problems with bladder control. They could start you on a bladder training program. If you do nothing about your problem, it may get worse.

## WHAT IS IN A BLADDER TRAINING PROGRAM?

You may be asked to keep a bladder diary. You need to keep the diary for at least 3 days. It keeps track of how your bladder works through the day.

The bladder diary keeps track of:

- the time you go to the toilet.
- how much urine you pass each time.
- how strong you felt the urge to empty each time.

The bladder diary may look something like this:

Time	Amount passed	How strong was the urge to go?
6.30am	250mls	4
8.00am	150mls	3
9.00am	100mls	3
10.20am	150mls	1
12.15pm	100mls	1
1.25pm	200mls	3
2.30pm	200mls	3

## How do I measure the amount of urine passed?

Put a container (like an ice cream container) in the toilet. Now sit on the toilet and relax with your feet on the floor. Pass urine into the container. Then tip the urine into a jug to measure it. Men may want to stand and pass urine directly into a measuring jug.

## ENÖ Ë PIÖÖC ALËËC?

Këwïc ë piöök alëëc ye lon bï kiit ë waat alëec njic cöl aḡuën. Piöök alëec ë yin piöc tënë bï yï læc juëc guöḡm thin alëënydu yic ka cïn loc la laac. Neem akimdu,akim wëët/lëk ë wël (a continence nurse advisor) ulä akim duëny (continence physiotherapist) ëë rïn naa yin anöḡ kë kök wäc alëëny yic në gëlgël. Keek alëu bïk yin cöl aḡol piöc alëëc luoi. Na yin acïn kë looi lonḡ alëënydu këñë,ka yen alëu bï rot juak ë waat apei.

## ENÖ KË LUTHÏN PIÖÖC ALËËC Ë LOOI?

Yin alëu bä thiëc tënë bïn athör-alëec muök thïn. Yin awïc ba athör këñë muk tënë abanḡ nïin kadiäk. Yen abï tënë alëënydu lui thin aköl muk në gät-piny ye yic.

Adë athör ë käk laac gäät ye kääḡ cï gäatic muk cïtḡen:

- thää ë yin la yön ye la laac/roor.
- Ku yin ye læc yindï këk ë laac aḡer në thää tökic.
- Yen riëlic dë yök këdi anïn ë yï guö la ku lor tënë lac në thää tökic.

Dë athör ë käk yë yï kë laac gäät thïn awïc bï tiḡ ka cït këñë cï nyuoḡh piny:

Thää	Athëm læc ya laac	Arakdï ëyï guö la ku lor tënë lac ?
6.30nh	250mls	4
8.00nh	150mls	3
9.00nh	100mls	3
10.20nh	150mls	1
12.15th	100mls	1
1.25th	200mls	3
2.30th	200mls	3

## Na ḡen ba læc ca kek laac wei them këdï emëne?

Täu keny/aduḡ laac (cïtḡen ë keny/aduḡ ice cream) alonḡthïn ë yön-laac (toilet). Emen lor alonḡthïn ë yön-laac ku nyuc në päkäna nhom ku pääl ye guöp piny ke cökku rëër piny aläḡaläḡ ë tiöp nhom. Pääl læc bïk la keny/aduk yic. Ku jal ë læc kë wääl në jaakic bïn kek jal them thin yen. Möc alëu bë guö köc nhial ku gö læc ciëth pääl në jaan wënë bï ke them thinic.





## How do I measure urgency?

This chart shows how to use a number to describe the urge you felt.

0	No urgency.	I felt no need to empty. I emptied for other reasons.
1	Mild urgency.	I could put it off as long as needed. I had no fear of wetting myself.
2	Moderate urgency.	I could put it off for a short time. I had no fear of wetting myself.
3	Severe urgency.	I could not put it off. I had to rush to the toilet. I had fear I would wet myself.
4	Urge incontinence.	I leaked before I got to the toilet.

## How do I measure leaking using a Pad Weight Test?

This test helps to work out how much urine you leak over a few days. To do this test you will need some accurate scales for weighing. You do this test by:

- weighing a dry pad in a plastic bag before you wear the pad,
- then weighing the wet pad in a plastic bag after you wear it, and
- taking the weight of the dry pad away from the weight of the wet pad.

This will show how much you have leaked because each gram equals one ml.

Like this:

Wet pad	400g.
Dry pad	150g.
Weight Difference	250g.
Amount leaked =	250mls.

## Ye këdi bë yæn læc cï guö bënë të cïnic gäau them?

Kë cï guïr anyoth nïmirat cë looi wënë luel tädun ye yök të yïn læc la laac thin.

0	Acin guö la laac.	Yæn rot yök ke ye cïn læc la ke laac. Yæn ë la roor në kä kök looi arotten.
1	Guö la laac akor.	Yæn alëu ba laac këne gël təcit tēdiën yen wïc. Yæn acï nañ riöc lon bi yæn röt laac.
2	La laac anuën.	Yæn alëu ba laac gum tēne thää ciekic amääth. Yæn acï nañ riöc acïn ë lon bi ye rot luak arot.
3	La laac acï yic riel.	Yæn alëu ba ciën tē gum ye laac acïn. Yæn anañ lon kat yen ba la tēne yön-laac. Yæn nañ riöc apeï lon yæn abï rot laac në læc.
4	La laac acï yic riel apeidit.	Yæn ë læc guö waat kepēc tuerj ke yæn akęc guö la tēne yön-laac.

## Na Yæn ba kääñ wæt kë cöl (Pad Weight Test) yïc them këdi?

Athëm këne kuönyë luoi ye yæn laac juęc cï wēt-bei tēne yïn ë nïin juęc yic nyoth. Tē wïc yïn ba athëm këne looi,ka yïn awïc ba këdän pieth cï njęc gït ya them looi kōñ gōr. Yïn athëm këne looi ëë:

- them alanh cï riel (a dry pad) ka rëër thin ë plastic bekic tuerj kaam këc yïn alanh guö ruök,
- ku ben alanh la luak këne them thin ë plastic bekic ye cök ciën kaam tē cï yïn alanh ruök, ku
- nyai athëm ë alanh cï riel (dry pad) wei tēne athëm ë alanh la luak (wet pad).

Kënë abï nyuöth luakluak wënë ke yïn erin njuim-tök ë ya tök ml.

Acit këne:

Alanh la luak (Wet pad)	400g.
Alanh cë riel (Dry pad)	150g.
Athëm tek ke yïc (Weight Difference)	250g.
Käk cï wëët bei =	250mls.





## WHO CAN HELP WITH YOUR BLADDER TRAINING PROGRAM?

A doctor, continence nurse advisor or continence physiotherapist can get the best results for you. They will work out a program to suit you.

Some of these continence health professionals may be in a private practice clinic. Others work in clinics in your local community health service. They also work in public hospital clinics. The National Continence Helpline 1800 33 00 66 can help you find your local continence clinic.

## HOW LONG WILL IT TAKE?

Most bladder training programs take about 3 months. You may have regular meetings with your continence nurse advisor or continence physiotherapist. They will teach you ways to hold on for longer. This will mean you can hold more urine in your bladder.

## SOME HELPFUL THINGS YOU WILL LEARN FROM THE PROGRAM

### Pelvic Floor Muscle Training

The continence physiotherapist or continence nurse advisor will teach you how to use your pelvic floor muscles. These muscles support your bladder and urethra. The urethra is the tube that carries urine from the bladder to the outside. Strong pelvic floor muscles help to hold back the strong urge to pass urine. This will help you hold on until you reach the toilet.

### Good Bladder Habits

It is normal to consume between 1.5 – 2 litres of fluid per day unless your doctor says this is not okay. This way your bladder will slowly learn to stretch to hold more urine. You need to keep track of how much you drink each day. To do this you will need to know how much your cup or mug holds. Cups can hold from 120 to 180mls whereas mugs can hold 280 to 300mls or more.

## EDA KĒLĒU BĒ YĪ KUŐJNY Ē PIŐŐC ALĒĒNYDU?

Akim, raan wĕēt (continence nurse advisor) ulā raan duēny (continence physiotherapist) alēu bĕ yĭ lĕk kĕ piĕth cik yŏk tĕnĕ yin. Kĕk abĭ aguĭer wĕnĕ bĕ piath bĭ kĕdun kŏr/wĭc loi tĕnĕ yin.

Kŏc ĕ akut pial guŏp wĕnĕ piŏc apeĭ alēu bĭk luthĭn tĕ private practice clinic. Kŏk alui thĭn bĕi akĭimthĭi baai alŏndun yen cieŋjĭc. Keek eya alui thin bĕi akĭim jĕāŋ yĭc. Ka akutnhom ĕ cŏl National Continence Helpline wĕnĕ nŏŋ talapun namba kĕnĕ 1800 33 00 66 alēu bĕ yin kony ba pan akim ĕ cŏl continence clinic luthĭn baai alŏndun yen cieŋj yŏk.

## YE THĀĀ YĪNDĒ YEN LOOI?

Piŏc alæc ebĕnĕ aye looi tĕcit tĕnĕ pĕēi kadiāk. Yĭn alēu ba naŋ amaāt wek ĕ akim wĕēt/lĕk ĕ wĕl (continence nurse advisor) ulā akim duēny (continence physiotherapist) akŏlakŏl. Keek abĭ yĭn piŏc aluŏt ba læc agum tĕnĕ bĕāric apeĭdĭt. Kĕnĕ wĕt dĕ yĭc tĕnĕ yin ye lŏn ba læc juĕc muk thĭn alĕēnydu yĭc.

## KA PIATH KŐK BĒ YĪN KŐJNY BA KE KUĒN TĒNĒ AGUĪER

### Pĭŏc Rĭāl Yŏi (Pelvic Floor Muscle Training)

Akim duēny (continence physiotherapist) ulā akim wĕēt/lĕk ĕ wĕl (continence nurse advisor) abĭ yĭn piŏc tĕwĕn bĭ riĕlkun yŏi aluŏi thĭn. Rĭĕl kĕk alĕēny (bladder) ku pĭāu-yĭcdu (urethra) kuŏjny. Ka pĭāu-yĭc (urethra) ĕ tĕ yŏr læc kuanyĭc nĕ alĕĕc yĭc agut bĭk bĕn aŋer. Rĭĕl ĕ riĕl yŏi yĭc piny ye kŏny bĭ gĕl bĕn bei tĕnĕ læc guŏ laac la aŋer kaam cĭŋuāc. Kĕnĕ abĭ yĭn kŏny bĕ læc duut apeĭdĭt agut bĭ yĭn yŏn-laac (toilet) dŏt.

### Nĭĕc Pĭath Alæc (Good Bladder Habits)

Yen acĭ rac ba kĕ la luakluak cimĕnĕ kaam 1.5 – 2 litres ĕ pĭĭu ya thŏŏl nĕ dĕkdĕk akŏltŏkĭc tĕkdĕt tĕdĕŋ kacĭ raan akĭmdu luel kĕnĕ acĭĕ piath. Kuer cĭt kĕnĕ alĕēnydu abĭ piŏŏc amĕāth tĕ bĭ yĭc miĕt-ciĕn bĕ læc juĕc arĕtic amuk. Yĭn awĭc/akŏr ba kuat kĕk ca ke dĕk ĕ akŏltŏkĭc muknhiim anĭn. Ba kĕnĕ looi yĭn awĭc/akŏr bĕ nĭĕc yĕ kuat pĭĭu/kĕkdĭny ĕ kubaaidu (cup) ulā matuŏŋ (mug) muk. Kuat kubaai alēu bĭk muk tĕnĕ 120 agut 180mls ku jaal ya kuat matuŏŋ (mugs) alēu bĭk muk tĕnĕ 280 agut 300mls tĕdĕt juĕc kĕ latuŋj.







Avoid drinking fizzy drinks or drinks with caffeine. These can upset the bladder and make it harder for you to hold on. There is some caffeine in chocolate, tea and coffee. There is more caffeine in cola and sports drinks. It is best to avoid drinking these.

You will learn which drinks to choose so your bladder will not be upset.

### Good Bowel Habits

You will also learn how constipation and straining to pass a bowel motion can stretch your pelvic floor muscles. Avoid constipation as this also causes poor bladder control. Eat at least 2 pieces of fruit and 5 serves of vegetables daily. Eat high fibre bread as well.

### WILL THERE BE SETBACKS?

Do not be worried by small day to day changes in your bladder control. These are normal. Anyone on a bladder training program can have setbacks, when your symptoms may seem worse. This may happen when:

- you have a bladder infection (see your doctor right away).
- you are tired or run down.
- you are worried or stressed.
- the weather is wet, windy or cold.
- you are ill (such as a cold or the flu).
- you are a menstruating woman.

If set-backs do happen, do not lose heart. Stay positive and keep trying.

Pääl dëkdëk käkdiny cītmen kuat käkdiny ë dek (fizzy drinks) ulä kuat käkdiny kë nõj akæc (caffeine). Käk alëu bīk alëñny cōl arīäk piōu ku looi yen bē yīc riēl apēidīt tēnē yīn ba laac ciē gum. Yen ŋīc lon adī ka nõj akæc (caffeine) luthīn cokoletē (chocolate), cai (tea) ku Kōppīi (coffee). Anõj akæcdīt (caffeine) luthīn kë cōl kola (cola) ku kuat käkdiny dek ë tuukic (sports drinks). Yen ë kë piath ba dëkdëk kë käk naak thok.

Yīn aba piōc ba käk dīny bēya dek kuēny bei nē wēt bī alëñnydu piōu ciē riäk.

### Diēc Piath Ciin/yac (Good Bowel Habits)

Yīn abī piōc eya tē kuīl (constipation) ku cōōl (straining) ba ciēth cōl la bec alëu bī rīēl yōidu yīc mīētkōth. Naak kuil (constipation) cimene yen ë kēnē eya alëc looi bī læc cōl cē duut. Cam tēnē miith ë tīm karou ku tēnē līim ka dhiēc ye looi akōlriēc. Cam abīk nõjic apiōthpiōth (high fibre bread) eya.

### ADĒ KA BĒ NAJ KUAT GŎŎK?

Duk kōj diēr ë kēk akōl wēnē rōt guō waar thīn alëñnydu gēl. Käk acīnic kērac. Ayī raan piēc alëcdē alëu bī nañ kuat käk gōōk, tē ci kīit riäk alæc ya kë juak rōt apēidīt. Kēnē alëu bī rot looi tēwēn:

- yīn anõj luan/wuōny cē rot looi alæc yīc (tīj akīmdu nyīnic tē cin gāu).
- yīn acī daak/thīai apēidīt ulä tuany acī yī tāac.
- yīn adīer ulä ca guōp thīai.
- akōl pīny la luakluak, anõj yom ulä alīr apēi.
- yīn acī theth/juāi (cimene lier guōp (cold) ulä juān-wum (flu)).
- yīn ë tīj thēek/riem acī bēnē (a menstruating woman).

Na looi gōōk tuany rōt, ka yī duk piōu mää. Rēēr ke yī ŋōōth ku lor tuej ka ŋot ye them.





SEEK HELP

You are not alone. Poor bladder and bowel control can be cured or better managed with the right treatment. If you do nothing, it might get worse.

Phone expert advisors on the National Continence Helpline for free:

- advice;
- resources; and
- information about local services

1800 33 00 66 \*  
(8am – 8pm Monday to Friday AEST)

To arrange for an interpreter through the Telephone Interpreter Service (TIS), phone 13 14 50 Monday to Friday and ask for the National Continence Helpline. Information in other languages is also available from [continence.org.au/other-languages](http://continence.org.au/other-languages)

For more information:

- [continence.org.au](http://continence.org.au)
- [pelvicfloorfirst.org.au](http://pelvicfloorfirst.org.au)
- [bladderbowel.gov.au](http://bladderbowel.gov.au)

\* Calls from mobiles are charged at applicable rates.

WĪC AKUNY

Yin awic ku ba njic ka cië yi arot. Alæeny rac ku yääc alëu bë kek guir bik piath ulä njic ke looi apëidit në kuer njëc luöi yelaac. Na yin acin kë luöi thin, yen adhil rot apëidit bë rac.

Yuöp talapun ë koc wët luthin të col National Continence Helpline apëth ka cin wëu kor tënë yi:

- wëët;
- käänj luthin; ku
- wël ë lëk alonj loiloï këk ë looi ye tënë

1800 33 00 66 \*  
(8nh – 8th Aköltök agut Aköldhiëc AEST)

Të wic yi raan koc waar thok/agamlön bë guir ë talapun yë gamlön/wääric looi (Telephone Interpreter Service (TIS)), ka yuöp talapun namba kënic 13 14 50 Aköltök agut Aköldhic ku thiëc kë col National Continence Helpline. Wël ë lëk thin thok ë thääi kök aluthin tënë col [continence.org.au/other-languages](http://continence.org.au/other-languages)

Të wic wël ë lëk juëc kök ka lor thiölnyin/wëphtiat kë yic kadiäk:

- [continence.org.au](http://continence.org.au)
- [pelvicfloorfirst.org.au](http://pelvicfloorfirst.org.au)
- [bladderbowel.gov.au](http://bladderbowel.gov.au)

\* yup ë mabaal awic/kor wëu nyisi të cimene akuën cë cïäk (applicable rates).

