



**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.

**X’INHI BUŻŻIEQA ATTIVA ŻŻEJJED?**

Il-bużżieqa tal-awrina hija muskolu li jingibed biex titbattal il-bużżieqa tal-awrina meta tkun mimlija u inti tkun lest/a biex tbattal. Bużżieqa tal-awrina attiva żżejjed tfisser li l-bużżieqa tingibed qabel ma tkun mimlija. Kultant tista’ tingibed meta inti tkun għadek mhux lest/a. Int tista’ tmur it-tojlit spiss u ssibha bi tqila biex iżżomm sakemm tasal hemm. Xi kultant inti tista’ tqattar l-awrina kif tkun sejjer/sejra t-tojlit.

**X’JIKKAWŻA BUŻŻIEQA TAL-AWRINA ATTIVA ŻŻEJJED?**

Kontroll dgħajjef tal-bużżieqa tal-awrina jista’ jkun ġej minn problemi tas-saħħa, bħal:

- puplesija.
- glandola imkabbra tal-prostat.
- il-marda ta’ Parkinson.

Il-bużżieqa tal-awrina attiva żżejjed tista’ tkun minħabba drawwiet ħżiena fuq medda ta’ żmien twil.

Għal xi ftit min-nies il-kawża mhijjex magħrufa.

**X’INHUMA D-DRAWWIET NORMALI TAL-BUŻŻIEQA TAL-AWRINA?**

Hija ħaġa normali li:

- tbattal il-bużżieqa tal-awrina tiegħek malli toħroġ mis-sodda filgħodu.
- tbattal il-bużżieqa tal-awrina tiegħek madwar 4 sa 6 darbiet matul il-jum.
- tbattal il-bużżieqa tal-awrina tiegħek qabel ma tidhol fis-sodda filgħaxija.

Bużżieqa tal-awrina b’saħħitha żżomm madwar 1.5 sa 2 kikkri awrina. Dan huwa ugwali għal 300 – 400mls. Il-bużżieqa tal-awrina tiegħek iżżomm dan matul il-jum. Iżżomm aktar matul il-lejl qabel ma tħoss il-bżonn biex tgħaddi l-awrina.

Dan ix-xempju jista’ jinbidel f’nies ta’ età ikbar. L-anzjani jistgħu jagħmlu aktar awrina bil-lejl. Dan ifisser li jista’ jkollhom jgħaddu aktar awrina bil-lejl milli matul il-gurnata.





## 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.

## X'INHU L-EŻERĊIZZJU TAL-BUŻŻIEQA TAL-AWRINA?

Il-mira tal-eżerċizzju tal-bużżieqa tal-awrina hija li jtejjeb is-sintomi tal-bużżieqa tal-awrina attiva żżejjed. L-eżerċizzju tal-bużżieqa tal-awrina jgħallmek kif iżżom aktar awrina fil-bużżieqa tal-awrina tiegħek mingħajr ma tħoss l-urġenza. Jekk għandek xi problemi bil-kontrall tal-bużżieqa tal-awrina mur għand it-tabib tiegħek, ners konsulent/a dwar il-kontinenza jew fizjoterapista tal-kontinenza. Huma jistgħu jibdejk fuq programm tal-eżerċizzju tal-bużżieqa tal-awrina. Jekk ma tagħmel xejn dwar il-problema tiegħek tista' tmur għall-agħar.

## X'HEMM FI PROGRAMM TAL-EŻERĊIZZJU TAL-BUŻŻIEQA TAL-AWRINA?

Tisata' tkun mitlub/a biex iżżomm djarju tal-bużżieqa tal-awrina. Int tinħtieg iżżomm id-djarju għal talinqas 3 ijiem. Dan iżżomm il-kors ta' kif taħdem il-bużżieqa tal-awrina tiegħek matul il-jum.

Id-djarju tal-bużżieqa tal-awrina jżomm il-kors ta:

- l-ħin li tmur it-tojlit.
- kemm tgħaddi awrina kull darba.
- kemm kienet qawwija l-urġenza li ħassejt kull darba biex tbattal.

Id-djarju tal-bużżieqa tal-awrina jista' jkun jidher xi ħaġa bħal dan:

Ħin	Ammont imbattal	Kemm kienet qawwija l-urġenza biex tmur?
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

## Kif inkejje l-awrina li nkun għaddej?

Poġġi kontenitur (bħal kontenitur tal-ġelat) fit-tojlit. Issa oqgħod bilqegħda u rrilassja b'saqajk fuq l-art. Agħmel l-awrina fil-kontenitur. Imbagħad itfa' l-awrina f'buqar biex tkejjeha. L-irġiel jistgħu jkunu jridu joqogħdu bil-wieqfa u jgħaddu l-awrina direttament fil-buqar tal-kejli.





## 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.

## Kif inqis l-urġenza?

Din iċ-ċart turi kif tuża numru biex tiddeskrivi l-urġenza li tkun f'ha.

0	L-ebda urġenza.	Ma f'ha jkollha il-bżonn biex inbattal. Battalt għal raġunijiet oħra.
1	Urġenza f'ha f'ha.	Stajt inżommha għal hin twil kemm kien meħtieġ. Ma kelli l-ebda biża li nagħmel taħti.
2	Urġenza moderata.	Stajt inżommha għal hin qasir. Ma kelli l-ebda biża li nagħmel taħti.
3	Urġenza severa.	Ma stajt inżommha. Kelli niġri lejn it-tojlit. Bżajt li stajt nagħmel taħti.
4	Urġenza inkontinenti.	Qattart qabel ma wasalt it-tojlit.

## Kif nikkalkula t-taqtir billi nuża it-Test tal-Piż tal-Pads (Pad Weight Test)?

Dan it-test jgħin biex tikkalkula kemm tqattar awrina matul xi f'it granet. Biex tagħmel dan it-test tkun tinħtieġ xi miżien preċiż biex tiżen. Inti tagħmel dan it-test billi:

- tiżen pad nixfa f'borża tal-plastik qabel ma tilbes il-pad,
- imbagħad tiżen il-pad imxarrba f'borża tal-plastik wara li tkun ilbistha, u
- tnaqqas il-piż tal-pad nixfa mill-piż tal-pad imxarrba.

Dan juri kemm tkun qattart għax kull gramma hija ugwali għal ml wieħed.

Bħal hekk:

Pad imxarrba	400g.
Pad nixfa	150g.
Differenza fil-piż	250g.
Ammont tat-tqattir =	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.

**MIN JISTA' JĠHIN BIL-PROGRAMM TAL-EŻERĊIZZJU TAL-BUŻŻIEQA TAL-AWRINA TIEGHEK?**

Tabib, ners konsulent/a tal-kontinenza jew fiżjoterapista tal-kontinenza jistgħu jiksbu l-aħjar riżultati għalik. Huma jfhejju programm li jkun jgħodd għalik.

Xi wħud minn dawn il-professjonisti tas-saħħa dwar il-kontinenza jistgħu jkunu fi klinika ta' prattika privata. Oħrajn jaħdmu fil-kliniċi fis-servizz komunitarju tas-saħħa lokali tiegħek. Huma jaħdmu wkoll fil-kliniċi tal-isptarijiet pubbliċi. Il-Linja Nazzjonali tal-Għajnuna bit-telefown dwar il-Kontinenza (National Continence Helpline) 1800 33 00 66 tista' tgħinek biex issib il-klinika tal-kontinenza lokali tiegħek.

**KEMM IDUM?**

Il-biċċa l-kbira tal-programmi tat-taħriġ jieħdu madwar 3 xhur. Inti jista' jkollok laqgħat regolari man-ners konselunt/a dwar il-kontinenza jew mal-fiżjoterapista tal-kontinenza. Huma jgħallmuk modi ta' kif iżzomm l-awrina għal iktar fit-tul. Dan ifisser li tkun tista' iżzom aktar awrina fil-bużżieqa tal-awrina tiegħek.

**XI AFFARIJET UTLI LI SER TITGĦALLEM MILL-PROGRAMM**

**Eżerċizzju tal-Muskolu tal-Qiegħ tal-Pelvi**

Il-fiżjoterapista tal-kontinenza jew in-ners konsulent/a dwar il-kontinenza jgħallmuk kif tuża il-muskoli tal-qiegħ tal-pelvi tiegħek. Dawn il-muskoli jissapportjaw il-bużżieqa tal-awrina u l-uretra tiegħek. L-uretra hija t-tubu li jgħorri l-awrina mill-bużżieqa tal-awrina għal barra. Muskoli tal-qiegħ tal-pelvi b'saħħithom jgħinu biex inaqqsu l-urġenza qawwija biex tgħaddi l-awrina. Dan ser jgħinek iżzomm sakemm tasal it-tojlit.

**Drawwiet Tajbin Tal-Bużżieqa Tal-Awrina**

Huwa normali li tixrob bejn 1.5 – 2 litri ta' likwidi kuljum għajr jekk it-tabib tiegħek jgħidlek li dan mhux tajjeb. Hekk il-bużżieqa tal-awrina tiegħek ser titgħallm bil-mod tinġibed biex iżzomm aktar awrina. Inti trid iżzomm kont ta' kemm tixrob kuljum. Biex tagħmel dan inti trid tkun taf kemm tesa' l-kikkra jew il-magg tiegħek. Il-kikkri jistgħu jesgħu minn 120 sa 180mls waqt li l-maggs jistgħu jesgħu minn 280 sa 300mls jew iżjed.







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.

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## WILL THERE BE SETBACKS?

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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.

Skarta milli tixrob xorb ifexfex jew li jkun fih il-kafeina. Dawn jistgħu jirritaw il-bużżieqa tal-awrina u jagħmluha iktar iebsa għalik biex iżzomm. Hemm ftit kafeina fiċ-ċikkulata, fit-te u fil-kafè. Hemm iktar kafeina fix-xorb tal-cola u tal-isports. L-aħjar huwa li tiskarta milli tixorb dan ix-xorb.

Int ser titgħallem liema xorb tagħzel biex ma tirritax il-bużżieqa tal-awrina tiegħek.

## Drawwiet Tajbin tal-Imsaren

Inti ser titgħallem ukoll kif il-kostipazzjoni u t-tqanżi biex tipporga jistgħu jistiraw il-muskoli tal-qiegħ tal-pelvi tiegħek. Evita il-kostipazzjoni għax din tikkawża wkoll il-kontroll dgħajjed tal-bużżieqa tal-awrina. Kul talanqas żewġ biċċiet frott u 5 porzjonijiet ta' ħaxix kuljum. Kul ukoll ħobż bil-fibre.

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## SER IKUN HEMM INTOPPI?

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Tinkwetax dwar tibdiliet żgħar minn jum għal jum fil-kontroll tal-bużżieqa tal-awrina. Dawn huma normali. Kwalunkwe persuna li tkun qed tagħmel programm tal-eżercizzju tal-bużżieqa tal-awrina jista' jkollha intoppi, meta s-sintomi jidhru li marru għal aghar. Dan jista' jgħri meta:

- int ikollok infezzjoni tal-bużżieqa tal-awrina (ara t-tabib tiegħek minnufih).
- int tkun għajjen/a jew debboli.
- int inkwetat jew stressjat.
- ikun temp tax-xita, bir-riñ jew il-bard.
- Int ma tiflaħx (għandek riñ jew l-influwenza).
- Tkun mara bil-menstruwazzjoni.

Jekk ikollok l-intoppi, taqtax qalbek. Ibqa' pożittiv/a u ibqa' pprova.



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## SEEK HELP

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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.

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## ITLOB L-GĦAJNUNA

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M'intix waħdek. Kontroll dgħajjef tal-bużżieqa tal-awrina u tal-imsaren jista' jkun ikkurat jew immanigġjat aħjar bil-kura xierqa. Jekk ma tagħmel xejn tista' tmur għall-agħar.

Ċempel lill-konsulenti esperti fuq in-National Continence Helpline bla ħlas:

- parir;
- riżorsi; u
- informazzjoni dwar servizzi lokali.

1800 33 00 66 \*

(8am - 8pm mit-Tnejn sal-Ġimgħa AEST)

Biex tirranġa għal interpretu permezz tas-Servizz Telefoniku tal-Interpretu (TIS) ċempel 13 14 50 mit-Tnejn sal-Ġimgħa u saqsi għan-National Continence Helpline. Informazzjoni f'lingwi oħra hija disponibbli wkoll f' [continence.org.au/other-languages](http://continence.org.au/other-languages)

Għal aktar informazzjoni:

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

\* Telefonati minn mobajls ikunu ċċarġjati bir-rati applikabli.