

The bladder has two jobs:

- 1) It must store urine by relaxing and allowing urine to collect.
- 2) It must expel urine by contracting fully.

Normal bladder capacity:

Allows a person to urinate every 2-5 hours during the day. This results in 5-8 trips to the bathroom per day.

Common Definitions:

Frequency of Urination:

An average voiding interval (time between going to the bathroom) of less than two hours.

Urgency:

A strong urge to urinate associated with an outside event such as: exposure to cold, running water, walking by the bathroom, and/or putting the key in the lock.

Urge Incontinence:

Loss to urine associated with a strong urge to urinate.

- There are many reasons why the above conditions occur. Frequency is often a result of habits (i.e. going to the bathroom just in case). After many years of bad habits, the bladder begins to rule the brain. If allowed, the bladder will signal the need to urinate at smaller and smaller amounts resulting in frequency of urination. This may progress to urge incontinence.
- Bladder retraining will help you take control over your bladder. It uses the same neurological pathways that you used when you were toilet trained many years ago. Some medical conditions may limit the effectiveness of the treatment, but almost all patients find they gain some benefit.
- The technique of bladder retraining involves increasing the time between urinating to train the bladder to hold more urine.

Service Hours: 8:00 a.m. - 7:00 p.m.
(Facility hours may vary) 8:00 a.m. - 6:00 p.m.
8:00 a.m. - 1:00 p.m.

Monday
Tuesday, Wednesday, Thursday
Friday

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