

A Normal Bladder

The process of urination involves two parts:

1. Filling and storage
2. Emptying

During the filling and storage phase, the bladder stretches so it can hold more urine. An average person's bladder can hold 450ml to 550ml of urine. Most people will feel like they need to urinate when there is about 200 ml of urine in their bladder.

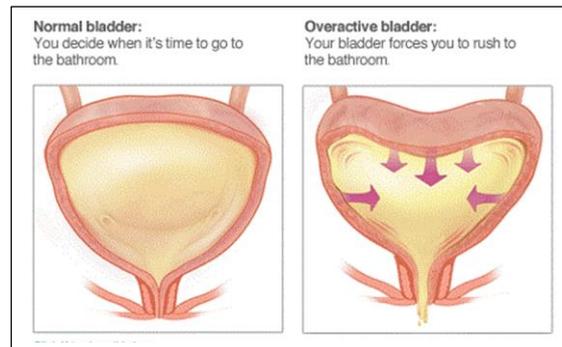
The bladder should work like this:

Signal 1: I'm filling up

Signal 2: Getting fuller

Signal 3: Time to go – you feel full with a strong urge to go

Each message gets more urgent.



You should be able to hear the first two signals but ignore them. Even with the 3rd signal you should be able to be interrupted by the phone / kids on the way to the toilet, get there in your own time, sit down slowly and tell your bladder when to empty.

Unfortunately, often we respond too quickly to the 1st or 2nd signal. If we do this consistently we reset the “fullness” feeling of the bladder and it will signal a more urgent message sooner. We end up going to the toilet too many times and racing to get there before we leak. This is called “Urge Incontinence” or “Overactive Bladder”.

Your Pelvic Floor physiotherapist can tell you a lot more about this, can test you and set you up with a program.

How many times should you go to the toilet? Every 2-4 hours depending on what you've drunk.

So, If you have problems making it to the toilet, if you **MUST** go as soon as you get in the door, if you feel like you need to go 3 times before you leave the house and you know the location of every toilet in town – then this is you.

And, when this is combined with a weak pelvic floor it becomes a very real problem.

Take Action

Get a full assessment with your pelvic floor physiotherapist now!