My 6-Week Bladder Training Schedule

Pee on a set schedule while you're awake, and slowly stretch the time between bathroom trips. The UK's NICE guideline recommends bladder training for at least six weeks.

Start date: _____

My starting interval (from my bladder diary): _____

How it works

1. **Keep a bladder diary for a few days** to see how often you go now. That is your starting interval.
2. **Go by the clock, not by the urge.** Use the bathroom at your set times while you're awake.
3. **Add 15 to 30 minutes** when your current interval feels manageable, usually once a week.
4. **Aim for three to four hours** between trips. Going slower is fine: repeat a week whenever you need to.

Weekly targets (example starting at 1 hour)

Week	Example target	My target	Done
Week 1	Every 1 hour		☐
Week 2	Every 1 hour 30 minutes		☐
Week 3	Every 2 hours		☐
Week 4	Every 2 hours 30 minutes		☐
Week 5	Every 3 hours		☐
Week 6	Hold at 3 hours, or stretch toward 4		☐

When a sudden urge comes before your time

- Stop and stand or sit still while the urge peaks.
- Do a few quick, strong pelvic floor squeezes.
- Take long, slow breaths, or distract yourself for a minute.
- When the urge eases, walk calmly. Go at your next scheduled time if you can.

Talk to your doctor first if you have burning when you pee, fever, blood in your urine, trouble emptying your bladder or a bulge in the vagina, and if there's no improvement after six weeks.

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Daily Tracker

Each day, write how many times you leaked and how many urges you calmed and held until your scheduled time.

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:
Week 2	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:
Week 3	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:
Week 4	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:
Week 5	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:
Week 6	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:	Leaks: Urges held:

Notes (drinks, caffeine, how you felt, questions for your doctor):

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