

# Toileting Program

A urination schedule, also called a "toileting program," may be started when a person is more aware of bladder fullness. A toileting program is simple to do. This lesson will review how to get started with a toileting program.

## Step-by-Step Process

Make a schedule with two-hour intervals marked clearly. For example, start at 12 midnight and make rows for 2 a.m., 4 a.m., 6 a.m., etc. through 10 p.m. Leave room for notes beside each entry.

Take the person to the bathroom. Tell him/her sit on the toilet and urinate. Do this every two hours while awake and before bedtime. Record results on the Urination Schedule. The bladder will "re-train" over the next week or two.

It should empty at the right time and right place. Increase the time when there are no more wetting accidents. For example, start toileting every three hours instead of every two hours. If wetting accidents happen, decrease the time to every 1.5 hours during the day and every four hours during the night.

If wetting accidents continue or if they suddenly recur after retraining, call the doctor. This may be a sign of other bladder problems.

## Real Questions from Real People

### **1. My daughter does great with her bladder program during the day, but has wetting accidents while sleeping. Is there something I can try to do to decrease this problem?**

Sometimes it is helpful to decrease the amount of fluids taken in the evening. For example, stop drinking fluids about three hours before going to bed. Make sure your daughter goes to the bathroom right before going to bed.

### **2. My husband's toileting program has been successful for about three months, but now he says that he needs to empty his bladder a lot and is having some wetting accidents. He also says that sometimes he doesn't feel like he is emptying his bladder completely.**

Call the doctor if this happens. It is possible that your husband has a bladder infection or other bladder problems.