

# OVERACTIVE BLADDER WORKSHEET

## Dietary changes

- Drink fluids for general health but limit after 5 p.m. if you urinate frequently at night.

## Lifestyle change

- Wearing pads can reduce stress, anxiety and increase your freedom to go out.
- Be safe. Talk with an occupational therapist about safety measures to take at home such as grab bars in the bathroom, nightlights to illuminate your path at night, bedside commode or urinals when appropriate.

## Treatments

- See your doctor about abrupt change in bladder control since this could signal a bladder infection. Also an abrupt decline in movement or thinking functions can be the first sign of a bladder infection.
- Physical therapy can help with pelvic floor exercises and biofeedback to improve incontinence.
- Occupational therapy can help with bladder therapy, bathroom and hygiene, as well as offer many safety techniques to reduce falls.
- Review bladder control with your doctor. Certain medical conditions affect bladder control. Some medicines cause muscle weakness and can therefore weaken bladder control.
- A urologist can help if incontinence continues despite treatment.
- Be sure to tell your doctor if you have memory or thinking problems as certain bladder control medicines can worsen memory.

Giroux/Farris