

膀胱訓練

什麼叫膀胱訓練

膀胱訓練是一種行為治療，目的是改善膀胱的控制力及增加其儲尿量，適用於急切性尿失禁及膀胱過度活躍患者。

當患者有尿意時而未能即時如廁，便會漏出小便。原因是膀胱肌肉過份敏感或大腦不能壓抑膀胱的收縮。常見於多次中風、老年痴呆症、前列腺增生及長期有不良小便習慣者。

膀胱訓練主要集中於改善如廁和飲食習慣。

備註：身體疲累、感冒、尿道感染、情緒緊張或低落、或天氣轉變等情況均可能影響訓練的進度。

正常的排尿習慣

一般來說，成年人的膀胱可盛載400至500毫升的尿液。白天小便四至六次，夜間小便一次是屬於正常的。尿量當然視乎進水量，但每次的尿量應大約有200 - 300毫升或以上。小便次數每天超過8次和少於正常份量，說明你可能已經養成了壞的膀胱習慣。

訓練開始前之準備工作

- ◆ 須記錄3天之每次飲水及排尿的份量
- ◆ 同時記錄失禁及漏濕程度

訓練過程

- ◆ 請於日間在家中開始訓練，因家中有洗手間，可減少心理壓力。
- ◆ 請學習每_____小時才小便一次，請勿於指定排尿時間前小便。
- ◆ 當排尿時間初步達標，可慢慢延長小便之間的時間。例如：每星期延長30分鐘，逐步達致日間三至四個小時才去小便一次。
- ◆ 訓練初期或許有困難，但只要堅持下去，慢慢地定可延長排尿時間。

控制尿急的策略:

- ◆ 於尿急時請慢慢停下來，在情況允許下先坐下來
- ◆ 作緩慢的深呼吸，使鎮定並放鬆身體，並重復的收縮骨盆底肌肉

5至6次，以降低尿急感及抑制膀胱迫尿肌收縮並避免漏尿

- ◆ 可作一些分散注意力的事情如由100倒數、哼歌或看電視，閱讀報章、雜誌、聽音樂均可分散尿意注意力。當能成功地忍小便，可再挑戰"忍小便"的時間，並逐漸遞增排尿時間由5分鐘、10分鐘、30分鐘至一小時
- ◆ 請勿匆匆跑去小便、應慢慢步行到洗手間、以避免膀胱再受刺激
- ◆ 當再有尿意時再次嘗試忍小便，可以站立或坐下並收縮骨盆底肌肉來幫助減低尿意。

飲食及日常習慣的配合

- ◆ 調節飲水習慣，每日須保持飲水量約1500毫升。
- ◆ 避免飲用刺激飲品，如奶茶，咖啡，可樂，酒精等。
- ◆ 建議多吃含纖維食物如蔬菜水果，以保持有規律的大便習慣。

- ◆ 在睡覺前2小時請勿進水。
- ◆ 戒掉「以防萬一」而去洗手間的習慣
- ◆ 多作骨盆底肌肉運動來配合膀胱訓練。
- ◆ 每天記錄排尿情況於小便記錄表上，以作參考。
- ◆ 定時覆診見醫生及專科護士。

飲食明智的選擇

對膀胱有益的食物：如蘋果汁、紅莓汁、提子汁、梨、香蕉



可刺激膀胱的食物：如咖啡、茶及可樂中的咖啡因，柑橘及其果汁、人造糖、梳打水、酒精、辛辣食物



如何得知訓練成功？

- ◆ 排尿次數減少至每日6-8次
- ◆ 每次排尿量增加為200-300毫升
- ◆ 小便失禁次數會逐漸減少甚至消失

如尿頻或失禁情況仍然無法改善，請聯絡醫護人員

查詢：(辦公時間)

醫院：_____

電話：_____

以上資料由瑪麗醫院及東華醫院泌尿外科部提供。




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膀胱訓練 BLADDER TRAINING

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BLADDER TRAINING

What is Bladder Training

Bladder training is a one of behavior therapies that can be effective in treating urge incontinence and overactive bladder. The target is to restore or maintain bladder function with the goal of returning an individual to continence. The person who wants to pass urine but cannot reach toilet in time, the urine will be leaked out. The main reason is due to the bladder is overactive or the brain cannot inhibit the bladder contraction. It is common in person after strokes, dementia, benign prostatic hyperplasia and prolonged abnormal voiding habit. Basically, bladder training focuses on voiding and diet habitual training. Training progress effectiveness would be affected by some conditions such as physical fatigue, stressful emotion, flu, urinary infection.

Normal Voiding Habit

The urinary bladder has a capacity of approximately 400ml to 500ml. Voiding at daytime with 4-6 times and voiding at nighttime with 1 time is considered as a

normal voiding pattern. Fluid intake will affect the urine output directly. But each voided volume of an adult should be more than 200ml to 300ml. If you void more than 8 times with less volume, you may have a problem in voiding habit.

Bladder Training Instruction

- ◆ Before bladder training, a 3-day voiding diary is required including record of amount of fluid intake and urine output
- ◆ Severity of urinary incontinence is also recorded in the voiding diary

Process:

- ◆ You can start your bladder training at home with a toilet nearby, so you can practice in a more relax environment.
- ◆ Urinate not frequent than _____ hours. Do not void before the time interval set.
- ◆ When urinate achieved as at the set time interval, then gradually increase the time by every 30 minutes until

voiding every 3-4 hour during daytime.

- ◆ Do not be discouraged by set-back. The urinary frequency can be diminished eventually.

Techniques

- ◆ While feeling urge, stand or sit still if condition allowed.
- ◆ Breathe slowly and deeply to relax and reduce the urge. Perform 5-6 rapid and intense pelvic floor muscle training in order to prevent involuntary loss of urine.
- ◆ Mental distraction by concentrating on an activity such as try counting down from 100, singing or listening your favorite songs, watch a television programme or reading newspaper to distract from urge. Delay voiding starting from 5 minutes; 10 minutes and then gradually to 30 minutes or even 1 hour.
- ◆ Don't rush to toilet when feel urge,

should walk slowly to toilet in order to prevent bladder stimulation.

- ◆ When the urge feeling comes again, stand or sit still and perform the pelvic floor muscle training to minimize the urge sensation.

Diet and lifestyle advice

- ◆ Keep fluid intake with 1500ml a day if no contraindication. Do not drink a lot of fluid at a short period of time.
- ◆ Avoid or reduce your caffeine intake such as strong tea, coffee, cola, alcohol intake and spicy foods.
- ◆ Prevent constipation by increasing high fibers intake.
- ◆ Refrain fluid intake 2 hours before go to bed.
- ◆ Avoid going to toilet for 'just in case'.
- ◆ Practicing of pelvic floor muscle training regularly every day can help in bladder training.

- ◆ Record the amount of urine voided onto the voiding diary as reference.
- ◆ Follow up regularly.

◆ Fruit that good for bladder

Example: Apple juice, cranberry juice, grape juice, pear and bananas



◆ Food that can irritate bladder

Example: Caffeine, tea, non-carbonated liquids and alcohol, high in acid beverages such as grapefruit and spicy food



How to know the success of bladder training?

- ◆ Frequency of urination reduced to 6-8 times a day.
- ◆ The amount of every urination increased to 200-300 ml / void.
- ◆ The episode of urinary incontinence is reduced or even none.

Should you have any enquiry, please contact professional staff during office hours

Hospital: _____

Telephone: _____

Information provided by Urology Division, Department of Surgery of Queen Mary Hospital and Tung Wah Hospital.