

UROGYN PATIENT WORKSHEET

Tripler Army Medical Center

Division of Urogynecology

Kegel Exercises (Pelvic Muscle Exercises):

How to identify the correct muscles:

- 1) To find the muscle, place a finger inside your vagina. Try to squeeze around your finger. That is the muscle you want to exercise. This muscle is the same one you use to hold back gas or to stop the stream of urine while voiding.
- 2) Do not use your stomach, leg or buttock muscles. The most common mistake is using too many muscles. To find out if you are also contracting your stomach muscles, Place your hand on your abdomen while you squeeze your pelvic floor muscles. If you feel your stomach get hard, then you are also using these muscles.

Doing the Exercises:

- 1) Squeeze your pelvic floor muscle and hold for a count of **3** seconds. Then relax for a count of **3** seconds. Repeat **10 x**. Do not hold our breath during the exercises.
- 2) Repeat exercises **4x** per day and increase to **6-8 x** per day over **4** weeks.
- 3) After building up the muscle strength, you should start holding the squeeze for longer periods of time , for example a count of **6-10 sec**. Repeat **10x**
- 4) Once you have built up strength and endurance after **8** weeks, you should start sets of **10** quick contractions (1 **sec** each), alternating with sets of **10** long (**10sec**) contractions. Repeat these exercises up to **8x** per day.

Biofeedback/ Electrical Stimulation: 6-10 weekly sessions:

Bladder Retraining Drills:

- 1) For the next ____ days, empty your bladder every ____ hour(s) while awake. Attempt to void at these intervals whether or no you feel an urge to void between the scheduled times even if the urge is present. You will not be asked to keep this schedule during sleeping hours; only get up when you feel an urge to urinate.
- 2) Every ____ days increase the interval between voids by ____ minutes until you are voiding once every ____ hours

Limit Excess Fluid Consumption:

- 1) Maximum daily intake of 8 glasses of fluid
- 2) Do not drink much fluid after 6 PM

Discontinue Bladder Irritants in Diet

DISCONTINUE CAFFEINE COMPLETELY!!!!!!

Use following in moderation:

Alcoholic Beverages	Decaf Coffee
Apples	Highly spiced food
Artificial Sweeteners	Peaches
Cantaloupe	Pineapple
Carbonation	Plums
Chocolate	Strawberries
Citrus or Fruit juices	Tea
Cranberries	Tomatoes
Grapes	Vitamin B Complex
Guava	Vinegar

Some over the counter medications have significant amounts of caffeine

The following are substitution suggestions that may not irritate your bladder:

Low acid fruits:	Apricots, Papaya, Pears, Watermelon
For Coffee Drinkers:	KAVA(low acid instant), Postum, Pero, Summatra Decaf
For Tea drinkers:	Non citrus herbal tea, sun brewed decaf tea
Vitamin C substitute:	Calcium carbonate buffered with calcium ascorbate

Weight Loss

Even small amounts of weight loss can improve urgency frequency symptoms

Stop Smoking

Medications:

You have been given a prescription for one of the following medications.

- | | | |
|--|---|-------------------------------------|
| <input type="checkbox"/> Detrol/ Detrol LA | <input type="checkbox"/> Sanctura | <input type="checkbox"/> Pyridium |
| <input type="checkbox"/> Ditropan/ Ditropan XL | <input type="checkbox"/> Vesicare | <input type="checkbox"/> Imipramine |
| <input type="checkbox"/> Oxytrol Patch | <input type="checkbox"/> Enablex | <input type="checkbox"/> DDAVP |
| <input type="checkbox"/> Sanctura | <input type="checkbox"/> Vaginal Estrogen | |

RX: _____