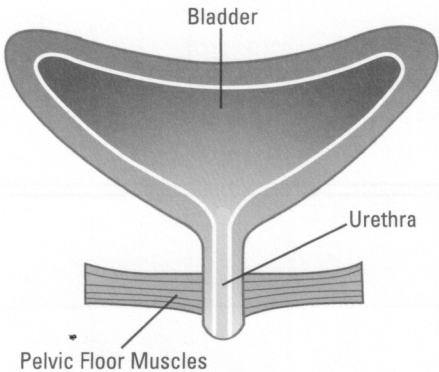


Kegel Exercises and Bladder Control Diary

How to do Kegel (Pelvic Floor Muscle) Exercises



The muscles of the pelvic floor help to hold the urethra closed, keeping urine in the bladder. Kegel exercises can help increase the strength and control of these muscles. Strong muscles can help prevent urine from leaking.

- 1 Stand, sit or lie down with your knees slightly apart.
- 2 To find the pelvic muscles, think of the muscles you would tighten to stop the flow of urine or a bowel movement.
- 3 Tighten the muscles for about 5 to 10 seconds.
- 4 Relax the muscles for about 10 seconds.
- 5 Repeat 12 to 20 times.
- 6 Try working your way up to doing a set of 12 to 20 contractions about 3 times a day.

Bladder Control Diary

Complete the 3-day bladder control diary on the reverse to help you and your doctor understand your condition and choose the best treatment for you.

| DAY 1 Monday June 12 | | | |
|------------------------|--------------------|--|---------|
| Time | Beverages (amount) | Bathroom Visits (Small or Large amount of urine) | Leakage |
| 3:00 am | | | |
| 6:30 am | | | |
| 7:00 am | | S | |
| 7:30 am | coffee-1 cup | S | ✓ |
| 9:30 am | | L | |
| 11:30 am | | S | |
| 12:45 pm | pop-1 can | | |
| 1:00 pm | | S | |
| 3:00 pm | coffee-1 cup | | |
| 5:00 pm | | S | ✓ |
| 7:00 pm | | L | |
| 10:00 pm | | S | |
| Total pads used today: | | | 3 |

Sample – see diary on the reverse.

| DAY 1 | DAY 2 | DAY 3 |
|-------|-------|-------|
| | | |

DAY 2

[illegible]Beverages
(amount)

Bathroom Visits
(Small or Large amount of urine)

Leakage

Time

Beverages
(amount)

Bathroom Visits
(Small or Large amount of urine)

Leakage

Time

Beverages
(amount)

Bathroom Visits

(Small or Large amount of urine)

Leakage