



Bladder Training 膀胱訓練

Care Advice
護理須知



Gleneagles Hospital

HONG KONG

港怡醫院

Free Shuttle Service 免費專車服務

Gleneagles Hospital Hong Kong provides free shuttle bus service between MTR **Wong Chuk Hang Station** (Exit A) and the hospital (main entrance).
港怡醫院為市民提供免費專車服務往來港鐵**黃竹坑站** (A出口) 及醫院 (正門)。



Free Shuttle Schedule
免費專車服務時間表

Bus 巴士

Gleneagles is within walking distance from various bus stops along Aberdeen Tunnel / Wong Chuk Hang Road and Nam Fung Road.
您可由位於香港仔隧道/黃竹坑道和南風道的各個巴士站步行至港怡醫院。

Available bus services along Aberdeen Tunnel / Wong Chuk Hang Road include: 37B 37X 38 42 42C 70 72 72A 75 77 90 90C
途經香港仔隧道/黃竹坑巴士服務包括：37B 37X 38 42 42C 70 72 72A 75 77 90 90C

Available bus services along Nam Fung Road include: 36 41A 76
途經南風道巴士服務包括：36 41A 76

MTR 港鐵

Gleneagles is within walking distance from MTR **Ocean Park Station** (Exit C).
您可由港鐵**海洋公園站** (C出口) 步行至港怡醫院。



Hospital address

1 Nam Fung Path,
Wong Chuk Hang, Hong Kong

醫院地址

香港黃竹坑南風徑1號

Mainline 電話

+852 3153 9000

Service hotline 服務熱線

+852 2122 1333

Fax 傳真

+852 2528 0081



www.gleneagles.hk



港怡醫院
Gleneagles Hospital Hong Kong

Gleneagles Hospital Hong Kong reserves the rights to change the above information without prior notice.
In case of discrepancy in information, please refer to the hospital's website.
港怡醫院保留一切更改以上內容之權利而毋須另行通知。如以上內容與實際情況有偏差，將以本院網站內所提供之資料為準。

Bladder Training 膀胱訓練

Care Advice 護理須知



Gleneagles Hospital
HONG KONG
港怡醫院

What is normal micturition? 甚麼是正常的排尿循環？

The usual capacity of an adult bladder should be 300 - 500ml. When the urine inside the bladder is stored more and more, the detrusor muscle relaxes, the pelvic floor muscles contracts, the urethra sphincter contracts, first sensation to void (when the bladder is half-full) happens. When the bladder volume is reaching its capacity, the detrusor muscle contracts, the pelvic floor muscles relaxes, and urethral sphincter relaxes (Voluntary control), adult can pass urine normally.

成人膀胱的正常容量是300 - 500毫升。當膀胱內的尿液越儲越多，膀胱的逼尿肌放鬆，骨盆底肌肉收縮，尿道括約肌收縮，開始感覺到尿意(當時膀胱半滿)。當膀胱內的尿液容量達到膀胱容量，膀胱的逼尿肌收縮，骨盆底肌肉放鬆，尿道括約肌放鬆，成人便可以正常排尿。



What is Bladder training? 甚麼是膀胱訓練？

Bladder training is a behavior modification treatment for urinary incontinence which involves placing a patient on a toileting schedule. The purposes are to increase the amount of time between emptying your bladder and the bladder volume. It also can diminish leakage and the sense of urgency associated with overactive bladder.

膀胱訓練是一種行為治療，用來治療尿失禁患者，透過訓練膀胱的伸張力，控制 / 改變排尿相隔時間，逐漸增加膀胱的容量。用「延遲技巧」、「分散注意力」、「集中專注力去做某些事情」來抑制尿急的速度，來改善膀胱的控制力，從而改善尿頻、尿急的情況，使患者回復正常小便習慣。

How to perform the bladder training? 如何執行膀胱訓練？

1. Schedule toilet visits 預定排尿時間

Determine how often you are going to the bathroom based on your diary entries. Then add about 15 minutes to that time. If you are going to the bathroom every hour, schedule bathroom visits at every one hour, 15 minutes. Use the toilet at each scheduled visit, regardless of whether you actually feel the urge to go. Gradually increase the amount of time between bathroom breaks.

根據日記記錄確定你上廁所的頻率。然後增加大約5 - 15分鐘的時間。如果您每小時去一次洗手間，則每隔 1 小時 15 分鐘安排一次排尿。每次預定使用廁所的次數，不管你是否真的覺得有尿急感覺。逐漸增加排尿之間的時間，再逐步加長至2 - 3 小時。

2. Delay urination 延遲排尿

When you feel the urge to urinate, hold it for another five minutes or more. Then gradually increase the amount of time by 10 minutes, until you can last for at least three to four hours without having to go to the toilet. If you are feeling a strong need to go, try distracting yourself by counting backwards from 100 to 1 or practicing relaxation techniques such as deep breathing, and contract the pelvic floor muscle to hold the urine and reduce the urgency.

當你有尿意，再堅持五分鐘或更多。然後逐漸增加10分鐘的時間，直到你可以持續至少三到四個小時，而不必上廁所。如果你覺得強烈需要去，嘗試通過倒數從100到1或練習放鬆技巧，如深呼吸分散自己的注意力，並且收緊骨盤底肌肉，以減退尿意。

3. Tips for success of bladder training

膀胱訓練成功的秘訣

- The time to drink water needs to be averaged, take less fluid 3 - 4 hours before bedtime, and sips of water for night time medications.
喝水的時間需要平均分佈，臨睡前 3 - 4小時少喝水，如需晚間服用藥物，可用一至兩口水吃藥。
- Do not take large amount of fluid in short period of time to make bladder easier to adapt.
不應在短時間內飲大量水份，這可以令膀胱能較容量適應穩定的尿量。
- You should drink 200 - 250ml fluid in every 2 - 3 hours and keep 2L per day.
每2 - 3小時應飲用200 - 250毫升水，並每天保持2公升的容量。
- Limit beverages that stimulate the bladder, including caffeinated drinks such as Chinese tea, coffee, soda and chocolate drinks.
盡量避免飲用刺激性及利尿之飲品，如中國濃茶、奶茶、咖啡、汽水、啤酒或朱古力類飲品。
- Avoid having citrus food, and food that are strongly flavoured, too sweet, too salty or spicy.
盡量避免進食柑橘類、味道太濃、太甜、太鹹或辛辣之食物。
- Please stop smoking, drinking excessive alcohols or taking unnecessary drugs in order to reduce the irritations of bladder.
請立即停止吸煙、酗酒及濫藥、以減少刺激膀胱的肌肉。
- Quit the habit of going to the toilet "just in case" to allow the bladder to adapt to the maximum amount of urine.
戒掉「以防萬一」而去廁所的習慣，讓膀胱適應最大的尿量。



How to know the bladder training to be success 如何得知膀胱訓練成功

- Time for voiding is decreasing to 6 - 8 times per day.
每天排尿的次數減少至6 - 8次。
- The volume of urination should increase to 300-400ml per void.
每次的排尿量增加至300 - 400毫升。
- The time of urinary incontinence decrease or disappear.
小便失禁次數減少，甚至消失。

Follow-up: 覆診:

- Please visit Gleneagles Hospital Hong Kong (Gleneagles) for follow-up as scheduled.
請按指定時間到港怡醫院覆診。
- If you would like to cancel or reschedule the follow-up appointment, please contact the urology clinic during office hours.
如欲取消或更改覆診時間，請於辦公時間聯絡港怡醫院泌尿科門診。
- During non-office hours, please contact your urologist or visit Gleneagles' 24-hour Outpatient and Emergency Department for medical attention.
於非辦公時間，請聯絡泌尿科醫生或到港怡醫院24小時門診及急症室求診。



References: 參考資料:

- Bladder training
<https://www.ucsfhealth.org/education/bladder-training#:~:text=Bladder%20training%20is%20an%20important%20form%20of%20behavior,the%20sense%20of%20urgency%20associated%20with%20the%20problem>



<https://www.webmd.com/urinary-incontinence-oab/bladder-training-techniques>



*** By appointment only 敬請預約 ***

Urology Clinic – Specialist Outpatient Clinic 泌尿科專科門診

Location 位置	Clinic H, 1/F, Tower B B座1樓 – 診所H
Opening Hours 開放時間	
Monday-Friday	9:00am – 6:00pm
Saturday	9:00am – 1:00pm
Sunday and Public Holiday	Closed
星期一至五	上午九時至下午六時
星期六	上午九時至下午一時
星期日及公眾假期	休息
Appointment Hotline 預約熱線	+852 3153 9186
Fax 傳真	+852 3903 3420
Email 電郵	socuro@gleneagles.hk