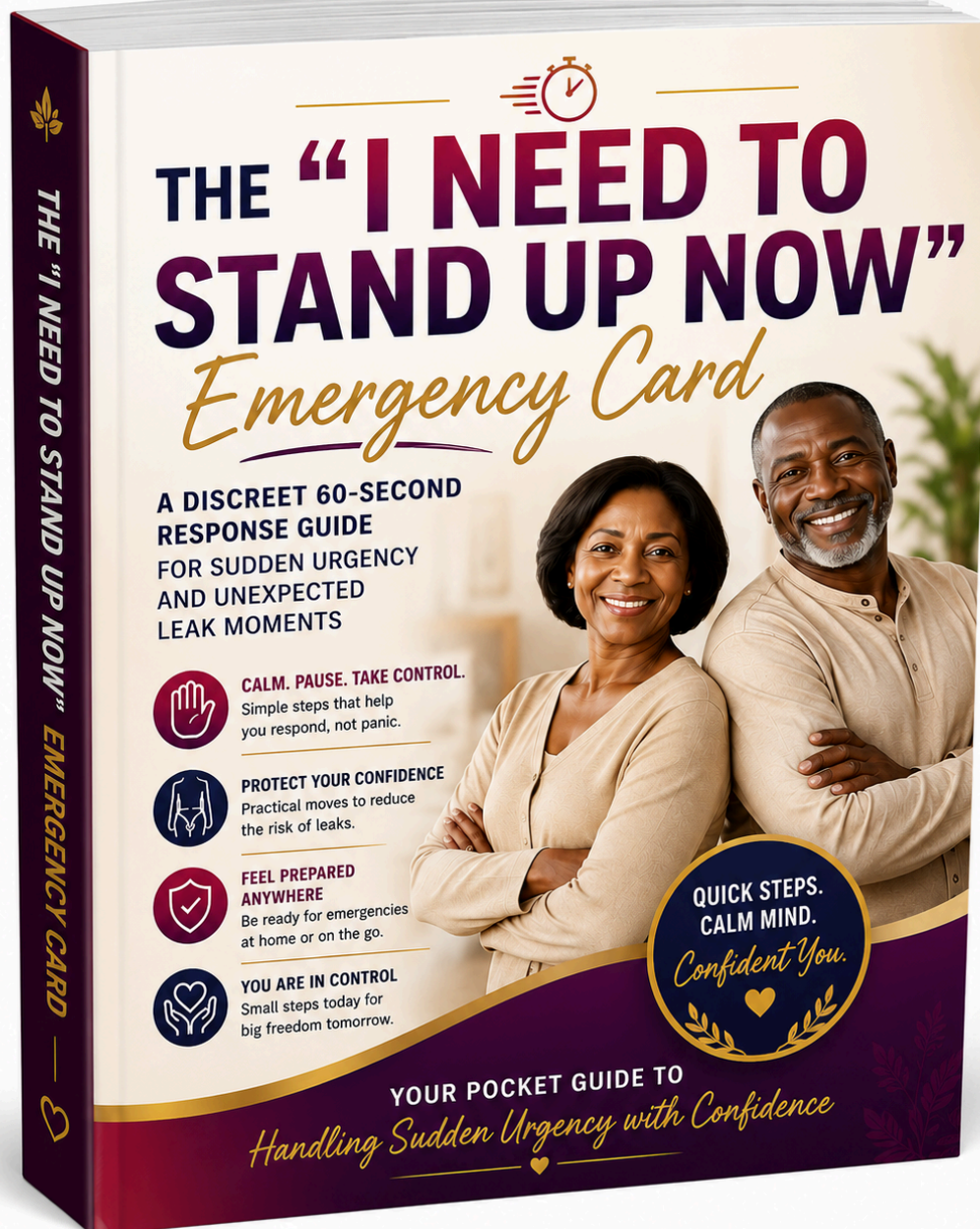




The “I Need to Stand Up Now” Emergency Card

A discreet 60-second guide for sudden urgency and unexpected leak moments

Sometimes the urge comes suddenly. You may be sitting down, relaxing, watching television, or getting ready to stand when you suddenly think:

“Oh no. I need to get to the toilet NOW.”

Your first instinct may be to jump up and rush. But rushing, panicking, or moving suddenly can sometimes make the urge feel worse and increase the chance of leaking.

This quick guide is designed to help you slow down, regain control, and move calmly.

THE 60-SECOND PAUSE

Step 1: STOP

If you are sitting, stay seated for a moment. Do not jump up immediately. Take one slow breath and remind yourself:

“I can pause. I don’t need to panic.”

If you are already standing, stop moving if it is safe to do so.

Step 2: RELAX YOUR BREATH

Take a slow breath in, then breathe out gently. Try not to hold your breath, tense your shoulders, or panic.

Panic can make the situation feel more urgent. A calm body is easier to control than a body that is rushing and tightening everywhere.

Step 3: USE A GENTLE PELVIC-FLOOR SQUEEZE

Gently tighten the muscles you would normally use to stop the flow of urine.

Hold briefly, then relax. You can repeat this a few times while staying calm.

Do not squeeze your whole body. Keep your stomach, shoulders, and face relaxed as much as possible. The goal is gentle control, not force.

Step 4: WAIT FOR THE URGE TO EASE

Give your body a few seconds. You do not need the urge to disappear completely. You are simply waiting for that first intense wave of urgency to become more manageable.

Think:

Pause. Breathe. Squeeze gently. Relax.

Step 5: STAND CALMLY

When the strongest wave has eased:

1. Move toward the edge of your seat.
2. Put your feet firmly on the floor.
3. Pause for a moment.
4. Gently prepare your pelvic floor if that helps you.
5. Stand up smoothly.
6. Avoid jumping up or rushing suddenly.

Now walk toward the toilet at a controlled pace. Yes, you need to get there but you do not need to sprint there.

IF YOU ARE ALREADY WALKING

If sudden urgency hits while you are moving:

1. Slow down: Do not immediately start rushing.
2. Stop briefly if it is safe: Stand still and take one calm breath.

3. Use a gentle pelvic-floor squeeze: Do not clench your whole body.
4. Continue calmly; Once the strongest wave eases, continue toward the toilet.

IF YOU FEEL A LEAK COMING

First, do not panic. Use the same sequence:

STOP → BREATHE → GENTLY SQUEEZE → STABILIZE → MOVE
CALMLY

If you are sitting, pause before standing. If you are standing, avoid sudden twisting, bending, or rushing while you regain your balance and control.

IF A SMALL LEAK HAPPENS IN PUBLIC

Take a breath. It is embarrassing, but it does not mean you have failed.

If possible:

- Go calmly to a private place.
- Clean and change if needed.
- Avoid repeatedly checking or panicking.
- Continue your day when you are ready.

One leak does not erase your progress. The goal is improvement, not perfect control every single time.

WHEN TO GET MEDICAL HELP

Please speak with a healthcare professional if urine leakage is new, worsening, or causing distress. Seek urgent medical attention for sudden bladder changes with symptoms such as:

- Weakness or numbness around the legs or groin
- Loss of bowel control
- Severe back pain with new bladder problems
- Inability to pass urine

- Blood in the urine
- Severe pain, fever, or signs of infection

SAVE THIS SIMPLE REMINDER

WHEN THE URGE HITS:

STOP: Don't rush.

BREATHE: Let your body calm down.

SQUEEZE GENTLY: Use your pelvic-floor muscles if appropriate.

STABILIZE: Wait for the strongest wave to ease.

MOVE CALMLY: Stand and walk with control.

You are not trying to fight your body. You are giving yourself a moment to respond instead of react.