

Bladder Emptying Advice

HOW OFTEN SHOULD I URINATE DURING THE DAY?

- **Aim to urinate 3-4 hourly** and try to avoid going more or less frequent than this.
- If you go more frequently than this, at times you may not allow your bladder to adequately fill. Overtime this may lead to urgency to urinate, needing to urinate more frequently or leaking on the way to the toilet.
- If you leave it more than 4 hours between voids you are at risk of overstretching the bladder and therefore might be more inclined to leak.
- **Avoid 'just-in-case' trips to the toilet**



BLADDER EMPTYING TECHNIQUES

Positioning on the toilet

- **Sit on the toilet in a relaxed and well supported position.**
- **Do not perch or hover** over the toilet as your bladder might not empty fully.
- Position your feet so that they are hip width apart
- Try adopting the position below ensuring your feet are flat on the footstool, your knees are higher than your hips and then lean your body forward and prop your elbows on your knees.
- **Avoid straining** i.e. do not push the flow of urine out faster than it comes naturally when you are relaxed
- Keep relaxed on the toilet, if you are tense then your pelvic floor muscles might be tense and these muscles need to relax in order to empty your bladder properly.

To help you to relax try:

• Tummy/Abdominal Breathing (Diaphragmatic Breathing):

Take a gentle deep breath in through your nose feeling your stomach gently expanding; you are not forcing it out. Then gently exhale through the mouth making the out-breath last a little longer than the in-breath.

• Applying a heat pack to your lower tummy

• Massage the lower tummy or if you have an electric toothbrush hold the vibrating handle against the lower tummy whilst you urinate.

DOUBLE VOIDING

If after urinating, you do not feel you have fully emptied your bladder sit on the toilet for a bit longer and try the tips below to see if it helps you to empty further.

- Rock your body backwards and forwards a few times
- Stand up and sit down again
- Massage the lower tummy, just above your pubic bone