

THE UROLOGY GROUP

www.urologygroupvirginia.com

1860 Town Center Drive · Suite 150/160 · Reston, VA 20190 · 703-480-0220
19415 Deerfield Avenue · Suite 112 · Leesburg, VA 20176 · 703-724-1195
224-D Cornwall Street, NW · Suite 400 · Leesburg, VA 20176 · 703-443-6733
24430 Stone Springs Blvd · Ste 100 · Dulles · VA 20166

TECHNIQUES FOR COMPLETE BLADDER EMPTYING

1. **Timed voids.** Urinate at least every three to four hours. Never hold the urine.
2. **Double void.** Before leaving the restroom, try to empty your bladder a second time. Focus on relaxing the muscles of the pelvic floor. You may try running your hands under warm water before your second void to trigger a relaxation response.
3. **Drink plenty of fluids.** Fluids keep the urinary tract hydrated and clean.
4. **Have a bowel movement every day.** The rectum is just behind the bladder. If it is a full, it can prevent the bladder from functioning properly. Increase your fruit, fiber, water and walking until you have soft bowel movements and don't have to strain. You may add over the counter medications like senna (Sennakot, SennaGen), Colace (docusate) or Dulcolax (bisacodyl).
5. **Comfort and privacy** are necessary to empty completely. Give yourself **time** to go.
6. **Leaning forward** (and rocking) may promote urination.
7. After you have finished passing urine, **squeeze the pelvic floor** to try to completely empty.
8. **The sound of water** can promote the bladder muscle to contract, but care should be taken not to promote bladder muscle instability with overuse of this technique.
9. **Tapping** over the bladder may assist in triggering a contraction in some people.
10. **Stroking** or tickling the lower back may stimulate urination and has been reported to be helpful in some patients.
11. **Whistling** provides a sustained outward breath with a gentle increase in pressure in the abdomen that may help with emptying your bladder.
12. **General relaxation techniques** can help people who are tense and anxious about their condition.
13. Women should always **sit down properly** on the toilet with the feet supported; relaxing the pelvic floor muscles and allowing sufficient time to empty to completion (avoid hovering).
14. Some women find **supporting the anterior vaginal wall** by inserting a finger into the vagina and applying pressure forwards can help.