



Bladder and Bowel Service

Bladder Emptying Techniques

Bladder emptying techniques may have been discussed with you and advised by your bladder and bowel practitioner. These are simple ways which may help you improve and aid bladder emptying, some of the techniques may be more beneficial than the others so don't be surprised if they don't all work for you.

Ensure you are drinking the recommended amount of fluids per day (1.5 – 2 litres/3-4 pints).

Avoid constipation where possible.

- **Women:** Don't 'hover' over the toilet. Sit down to pass urine, with your feet supported fully on the floor. This allows sufficient time for the bladder to empty fully.
- **Men:** you may also find that you empty better when sitting down to pass urine.

Techniques to help improve bladder emptying:

- Try to hold on until you really need to empty your bladder - Going too often and passing small amounts of urine reduces the bladder muscle pressure and flow rate.
- Avoid going to the toilet "just in case" – this is a form of bladder training and will help to reduce the size of your bladders capacity.
- Whilst sitting on the toilet to pass urine – try to gently rock forwards and backwards to encourage bladder emptying.
- Gentle tapping over the lower tummy can stimulate the bladder to empty.
- Stroking the lower back.
- Once you have passed urine, try to change position, stand up and sit back down, lean forwards, wiggle around – this may cause some more urine to be passed. Wait for 30 seconds to see if you are able to pass any more urine.
- At the end of urination, squeezing your pelvic floor muscles and allowing them to relax completely may help any residual urine to escape (do not bear down or strain).

For further information please contact:

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