



SPHERE Bladder and Bowel Service

Successful Bladder Emptying

If you feel you are not emptying your bladder completely, have a weak urine flow or have to strain to pass urine there are several actions that might help to relieve symptoms.

Double Voiding

After passing urine try rocking gently backwards and forwards while sitting on the toilet. If you pass more urine, this is fine, if not, stand up (if your normal position for passing urine is seated) or sit down (if your normal position is standing), count slowly to 20 and sit back down on the toilet again or stand up again and attempt to urinate again. You should then feel your bladder completely empty.

Trigger Points

Finding bladder emptying trigger points by stroking inner thigh or tapping over your bladder can help you to empty fully. Gentle pressing with both hands may also help.

Position

It is important to your bladder that you feel comfortable and safe on the toilet so that you can relax your muscles properly, therefore women should not hover or crouch over the toilet.

Avoid Straining

You should avoid straining when trying to empty your bladder.