



**PATIENT  
INFORMATION**

**Advice to promote  
complete bladder  
emptying**

If you have any questions about the information  
in this leaflet, please contact the  
Physiotherapy Department

 Tel (01803) 655340

## Some ideas to help you

Here are some ideas to help you empty / void your bladder fully. A number of the techniques may have previously been discussed by your therapist. Some people find that some are more effective than others so don't be surprised if they don't all work for you.

1. Comfort and privacy are necessary to empty easily.
2. Women should always sit down properly on the toilet with the feet supported; this helps the pelvic floor muscles to relax and allows sufficient time to empty the bladder completely. This means hovering over the toilet should be avoided.
3. After the initial emptying / void, stand up, move around/wiggle your bottom then sit down again on the toilet and try to urinate again.
  - a. Some women find that sitting "tall and straight" on the toilet and leaning forward by placing your elbows onto your knees, can be effective.
  - b. Other women find they have to wait five minutes after the initial wee/void and then try to repeat urination.
4. Leaning forward (and rocking) may promote urination.
5. After you have finished passing urine, squeeze the pelvic floor muscle and then relax it, to try and completely empty (this is commonly called 'milking').
6. Some women find supporting the anterior vaginal wall by inserting a finger into the vagina and applying pressure forwards can help.
7. Tapping over the bladder may assist in triggering a contraction in some people.
8. Stroking or tickling the lower back may stimulate urination and has been reported to be helpful in some patients.
9. Some people can initiate urination by pulling pubic hair; this is thought to have a reflex action on the bladder.
10. Whistling provides a sustained outward breath with a gentle increase in pressure in the abdomen that may help with emptying your bladder.
11. 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.
12. In those with damage to the perineum and pelvic floor (e.g. a tear) pouring warm water over the perineum can help relaxation and therefore assist in urinating.
13. General relaxation techniques can help people who are tense and anxious about their condition.