

Tips To Help You Empty Your Bladder

Signs that you are not emptying your bladder include:

- There is some urine trickling after you have finished going to the toilet.
- You often need to go back to urinate again within 5 minutes of just having been to the toilet.
- You need to strain to empty your bladder.

The following tips may assist you to empty your bladder:

- Always sit well back on the toilet seat. Don't hover or crouch over the seat.
- Make sure your feet are supported (use a small footstool if needed).
- Keep your back straight and sit tall. Don't slouch forward or back.
- Don't push. Gently bulge your lower abdomen out to try and make a shape similar to a basketball.
- During urination quietly exhale with your mouth open. This may help your pelvic floor muscles relax more.
- When you have finished urinating, remain seated and carefully and slowly lean forward, backwards, and side to side. However, do not push.
- If you still are not feeling empty stand up and then sit down. Or stand up and walk in a circle, then sit down and try to urinate again.

What if I feel that my bladder still contains urine?

- If within 5 minutes of going to the toilet you still feel the need to urinate, return to the toilet and try to urinate again. This will give your bladder a second chance to empty.
- If more than 5 minutes has passed since going to the toilet, try to ignore the urge to go to the toilet again.

Please talk to your nurse if you would like to discuss how to empty your bladder.

Interpreter Services

Professional interpreters are available if you need help understanding or speaking in English. You may have a family member or friend present, but all communication about your treatment should be through a professional interpreter. Interpreter services are free and confidential.

It is your right to ask for an interpreter if one is not offered to you. The staff will book the interpreter for you.

After you have returned home, if you need to use an interpreter to contact us, please call the telephone Translating and Interpreting Service on 131 450.

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