

HELPING YOUR BLADDER TO EMPTY

Difficulty with urinary control and/or urinary leakage may result from conditions that cause the bladder not to empty completely. Although voiding occurs, some urine may remain in the bladder. This remaining urine can cause you to experience a cycle of frequent voidings and urgency. Incomplete emptying of the bladder can also increase your risk of urinary tract infection.

WHAT CAN I DO TO IMPROVE MY BLADDER EMPTYING?

Empty your bladder in a relaxed and private environment. Anxiety and tension can interfere with bladder emptying.

ARE THERE SPECIAL TECHNIQUES I CAN USE?

You can enhance the stimulation of a bladder contraction by using trigger techniques such as:

- Placing your hands in warm water, or
- Listening to running water or
- Pouring water over your groin or genitalia

WHAT ELSE CAN I DO TO URINATE MORE COMPLETELY?

You can push more urine out by increasing the downward pressure on the bladder.

Ways to do that include:

- Shifting the position of your upper body by rocking or leaning forward on the toilet. OR
- Once you have stopped voiding, stand up, sit back down, lean forward, and try to void again, OR
- When voiding has stopped, wait on the toilet 3 to 5 minutes and then exhale through your mouth only, as if you are blowing through a straw.