

TRIAL OF VOID

CHECKING YOUR BLADDER IS EMPTYING SUCCESSFULLY



the women's
the royal women's hospital
victoria australia

This fact sheet is to support information that has been given to you by a health professional at the Royal Women's Hospital. If you still find it difficult to understand or to follow these instructions, ask your doctor, nurse or physiotherapist to describe it again.

» Drink normally and drink if you are thirsty. As a rough guide, drink one small drink an hour. If you have a cup of tea or coffee, no additional water is required in that hour. Do not drink large amounts as this can overfill the bladder and make emptying it more difficult.

» Try to void (go to the toilet) every two to four hours or when you have the sensation to go; do NOT wait longer than four hours. Please let your nurse know if you have not voided or have no sensation as you may need to have your bladder scanned.

We recommend double or triple voiding, i.e. try to empty your bladder into a bowl placed in the toilet, walk around for five minutes and then go back again to void in the same bowl. Sometimes sitting on the toilet a little longer also helps to empty your bladder a bit more. When you have finished double or triple voiding, call a nurse to measure your urine and to do a bladder scan straight away. Do not leave it for more than 15 minutes or the scan will not be accurate.

» If you are emptying good amounts of urine and only small amounts are left in your

bladder, then your trial of void has been successful.

» You may take pain relief such as paracetamol regularly if you feel uncomfortable.

» If the trial of void is unsuccessful, a doctor or nurse will explain your options:

Option 1: you may have the catheter re-inserted and be discharged home to be re-admitted to the ward in one week to repeat the trial of void.

Option 2: you may be taught how to insert a small urinary catheter into your bladder (intermittent self-catheterisation) which can be managed at home.

For more information and advice

Urogynaecology Pelvic Floor Service

Midwife and Continence Advisor

The Royal Women's Hospital

Tel: (03) 8345 2000

Related fact sheet

Clean Intermittent Self Catheterisation CISC

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