

Timed voiding

Timed voiding is a simple technique used to retrain your bladder.

The reason you have been advised to implement timed toileting will be explained by the doctor.

Some examples for its use are:

1. To restore normal bladder function.
2. To avoid over distention of your bladder and increasing the risk of it not emptying completely
3. Decrease the episodes of urine leakage.

The Bladder:

The urinary bladder is a collapsible bag located directly behind the pubic bone.

The bladder is capable of considerable distension due to the elasticity of the bladder walls, although its capacity varies greatly with individuals.

The bladder performs two functions.

- It stores urine before it leaves the body.
- It empties urine from the body via the urethra (water pipe) this is called voiding, micturition or urination.

“Normal bladder”

- Holds 300-500ml urine.
- Empties 5-7 times during the day.
- Considered normal to wake up once during the night, twice if older.
- Gives adequate warning when full and can hold till you get to the toilet.
- Completely empties when you go.
- Does not leak urine.

With timed voiding you will be asked to go to the toilet to empty your bladder every 3 hours.

If there is an urge to void, relax, squeeze your pelvic floor muscles quickly several times. Wait until the urge goes away, then walk slowly to the toilet. Do not rush.

Hints:

- Sit comfortably on the toilet, feet flat on the floor and lean forward

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with your elbows on your knees.

- Sit for 2 minutes and if you have not voided, hop up and retry in 5 - 10 minutes, repeat until you have voided.
- Double void, so when you have finished do not hop up, instead lean back, count to 10 then lean forward again.
- Remember everyday to try and drink 6-8 glasses of fluid, space this over the day and try not to have large volumes in one sitting.
- Avoid caffeinated drinks or limit to a maximum of 3 per day.

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