Bladder and Bowel Service

Double Voiding

What is double voiding?

Double voiding is a technique to help you empty your bladder fully

Your bladder may not be emptying completely each time that you pass urine. This means that you may get the urge to go again either very soon or sooner than you would have done otherwise.

Men could find that sitting on the toilet may help them empty their bladder fully, especially if unsteady when standing.

Here's what you do:
Women should sit on the toilet with their feel well supported. This helps the pelvic floor relax properly. "Hovering" over the toilet will prevent this.

Take your time to pass urine, and when you have finished give a good pelvic floor squeeze then relax and see if more urine will pass. Now, stand up and depending on your mobility, either wiggle your hips or take a few steps and turn around. When you have done this sit on the toilet again and see if you can pass more urine.

Further tips

- Some people find leaning forward can help or try rocking backwards and forward
- Stroking or tapping over the bladder can help to start urination or stroking the lower back
- Whistling or blowing may also help some people
- What **may** help is a small step to put your feet on to bring your knees higher. This change in position can help your bladder empty more easily. It is important not to overstrain.

Some of these technique work well for some people but not for others, so try and see if some help you

Remember to take your time when going to the toilet and relax

If you have any queries about these techniques please speak to the
Bladder and Bowel Service on 0300 125 5540.