



DOUBLE VOIDING

What is double voiding?

Emptying your bladder or urinating two times at one sitting is called double voiding. You can sometimes feel that there is more urine left in your bladder after you already urinated or voided. There may be times you can't feel more urine in your bladder, but it is there. Double voiding helps you empty your bladder all the way.

How to double void

1. Sit on the toilet and empty your bladder. Count in seconds how long it takes until the urine stops coming out. Write down the amount you urinated or voided in seconds.
2. Now do your bladder emptying exercises; first the breathing then the blowing exercises. Imagine your pelvic floor muscles relaxing like butter to let the rest of the urine out.
3. Let yourself urinate or void again and write down the amount you voided in seconds.
4. Try to double void by doing your blowing exercises for 1-3 minutes before you get up from the toilet.
5. Do these steps every time you go to the bathroom.

Helpful Hints

- Try to relax as best as you can when you try to empty the second time.
- It's OK not to spend too much time on this at school if you feel stressed about it, just do your best.
- It may take your bladder more than just 1 week to learn this new exercise. Please don't feel discouraged if your bladder doesn't empty a second time when you first get started. It's very important to keep trying even if the bladder takes a little longer to learn.

How to keep track of your double voids

It is very important to write down how many seconds each void lasted. Each time you put urine in the toilet you write it down like this example. At 7 AM the first void was 25 seconds and the second one after the blowing exercises was 9. So write down 25/9 in the amount voided column.

Daily Voiding Log

Time of Day	Type & Amount of Food & Fluid Intake	Amount Voided In Seconds	Amount of Leakage SM/MD/LG
6:00			
7:00	½ cup chocolate milk, bagel	25/9	
8:00			
9:00			
10:00		11/2	
11:00			
12:00p			
1:00	Sandwich, apple juice (box) grapes	9/4	

Potty Schedule

Remember it is important to go to void every ____ hours and write it down on your log.