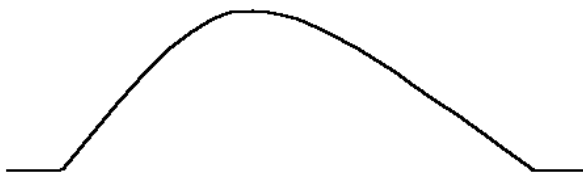




ONE BIG VOID

Now it's time to try to empty your bladder all at once, which is called one big void. You have been using breathing and blowing exercises to help you get all your urine out. This time you will do the blowing at a different time when you do one big void. Usually when you start your void there's a small flow of urine that gets bigger and then slows down again. If you draw it, it would look like a hill.

It's important to remember that eventually we would like to see one big void, not double voids every time you put urine in the toilet. This will keep your bladder happy for a long time. It takes time to learn one big void. You may still have a few double voids when you get started, and that is OK.



How to do one big void

1. Sit on the toilet and do your breathing exercises to help you start the urine stream. If you have no trouble starting the urine stream when you sit down on the toilet, you don't need to do your breathing exercises.
2. In order to void just once, you want to start doing your blowing exercises during the time when your urine is coming out the most, (at the top of the hill) and **before** you finish urinating.
3. Do the one big void steps every time you go to the toilet.



How to keep track of your voids

Here's an example of what your daily log will look like when you are recording one big void. It's important to remember to go to the bathroom when you get up in the morning and before you go to bed at night.

Daily Voiding Diary

Time of Day	Type & Amount of Food & Fluid Intake	Amount Voided In Seconds
7:00	½ cup Chocolate milk, bagel	26/0
8:00		
9:00	Apple	
10:00		18/3
11:00		
12:00pm	Tuna sandwich, 1 cup milk, pear	
1:00		21/1
2:00		
3:00	½ cup Milk, cookies	
4:00		17/0
5:00		
6:00	Chicken, corn, carrots, salad. Apple juice box -6 oz	
7:00		16/1
8:00		
9:00		12/0