

TOWNSVILLE UROGYNAECOLOGY TRIAL OF VOID PROTOCOL

1. Remove urethral catheter (if patient has I D C). Drink normally, **do not push fluids**.
2. Commence trial of void on toilet after 3 hours of removal of catheter or post operatively
 - No straining!
 - Sit properly on toilet – feet on a box for short patients
 - Lean forwards, elbows on knees.
 - Relax to allow urine out (breathe out during voiding)
 - No “pushing”
3. Trial of void on toilet every hour
4. **Remember to scan and record bladder volume every hour**

