

# 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**

