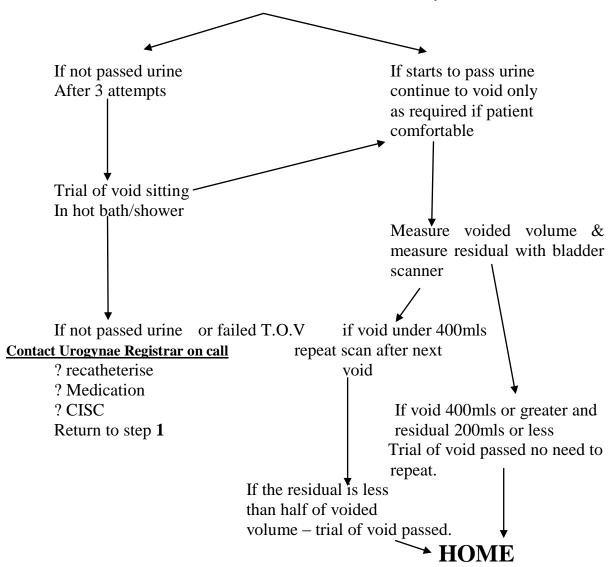
## TOWNSVILLE UROGYNAECOLOGY TRIAL OF VOID PROTOCOL

- 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



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