

# Tips to Empty the Bladder

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You can try any of the tips listed below to help you empty your bladder.

## **Positioning:**

- Sit all the way back on the toilet seat, with your feet supported by the floor or a stool. Don't hover over the seat.

## **Relaxation:**

- Relax your pelvic floor muscles and breathe deeply. Do not rush or strain while trying to pee.

## **Lean forward:**

- Leaning your body forward while sitting can help move **urine** (pee) out of pocket in the bladder where it can get caught. Think of this as similar to tipping a pitcher of water to a position where it can be emptied.

## **Crede maneuver:**

- Use your fist to put gentle pressure on the **suprapubic area** (the area between your pelvis and your belly button) while leaning forward.

## **Double voiding:**

- After peeing, wipe, stand up, jiggle or move around, sit down, or lean forward and see if more urine comes out.

## **Whistling:**

- Breathe in, and then breathe out with pursed lips over a long period of time. This helps to increase pressure within your stomach and on your bladder to empty it completely.

## **Tapping:**

- Tap over the bladder (just above your pubic bone, on your lower stomach) to cause a bladder contraction.

## **Stroking/tickling:**

- Use your hands to stroke or tickle the area over your tailbone (on your back, at the lower part of your spine) to cause a bladder contraction.

#### **Pubic hair:**

- You can pull on one of your pubic hairs (in the front, near your pubic bone) to cause a bladder contraction.

#### **Cystocele:**

- A **cystocele** is when your bladder has dropped from its normal position in your pelvis and pushes on the wall of the vagina. If you have a cystocele, you might try a technique called **splinting** to help empty your bladder. Splinting is holding or providing support to an area with your fingers.
  - Gently but firmly use your hand to press up on the **perineum** (area between the vagina and rectum). This will change the position of the bladder and bladder neck, allowing more pee to come out.

#### **Vibration:**

- Use a vibrating massager over the lower stomach or vibrate the suprapubic area with your fingers.

Disclaimer: This document contains instructions for occupational and/or physical therapy exercises developed by University of Michigan Health. Your health care provider has determined that these exercises are beneficial to you based on your condition at this time. Talk to your health care provider if you have any questions about this document, your condition or your treatment plan, including whether it is appropriate to continue doing these exercises should your condition change.

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