

排空膀胱的提示

Tips to Empty the Bladder (Chinese)

您可以尝试下面列出的任何提示来帮助您排空膀胱。

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

定位: Positioning:

- 坐到马桶座最后端，双脚由地板或凳子支撑。不要悬停在马桶座上。
- 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.

放松: Relaxation:

- 放松骨盆底肌肉并深呼吸。尝试小便时不要挤出或用力。
- Relax your pelvic floor muscles and breathe deeply. Do not rush or strain while trying to pee.

向前倾: Lean forward:

- 坐时身体前倾可以帮助将可能卡在膀胱中尿囊的尿液（小便）排出。可以将此视为类似于将一壶水倾斜到可以倒空的位置。
- 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.

奎德动作: Crede maneuver:

- 身体前倾时，用拳头轻轻按压**耻骨区**（骨盆和肚脐之间的区域）。
- Use your fist to put gentle pressure on the **suprapubic area** (the area between your pelvis and your belly button) while leaning forward.

重复排尿： Double voiding:

- 小便后，擦拭、站起来、摇晃或走动、坐下或向前倾，看看是否有更多尿液流出。
- After peeing, wipe, stand up, jiggle or move around, sit down, or lean forward and see if more urine comes out.

吹口哨： Whistling:

- 吸气，然后用噘起的嘴唇长时间吐气。这有助于增加肚子里和膀胱上的压力，使其完全排空。
- 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.

轻拍： Tapping:

- 轻拍膀胱部位（耻骨上方，下腹部）以引起膀胱收缩。
- Tap over the bladder (just above your pubic bone, on your lower stomach) to cause a bladder contraction.

抚摸/挠痒： Stroking/tickling:

- 用手抚摸或挠尾骨区（在背部，脊柱下部）以引起膀胱收缩。
- 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.

阴毛： Pubic hair:

- 您可以拉扯阴毛的其中一根（在前面，靠近耻骨）以引起膀胱收缩。
- You can pull on one of your pubic hairs (in the front, near your pubic bone) to cause a bladder contraction.

膀胱膨出： Cystocele:

- **膀胱膨出**是指膀胱从骨盆中的正常位置下降并推挤到阴道壁。如果您有膀胱膨出，您可以尝试一种称为**固定**的技术来帮助排空膀胱。固定是指用手指扶持或支撑某个区域。
- 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.
 - 用手轻轻但坚定地按压**会阴**（阴道和直肠之间的区域）。这将改变膀胱和膀胱颈的位置，让更多的尿液出来。
 - 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.

振动： Vibration:

- 在下腹部使用振动按摩器或用手指在耻骨区振动。
- Use a vibrating massager over the lower stomach or vibrate the suprapubic area with your fingers.

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