



## MANAGEMENT OF YOUR NEW BLADDER

You will need to sit when voiding. As you void, try to relax your pelvis. Gently strain to help empty your bladder.

### FIRST WEEK

- Try to hold your urine for 2 hours. Even if you start to dribble, don't try to void. This will help to expand your new bladder.
- Your volumes will be fairly small initially; perhaps just 50ml, but this is normal.
- You will likely stay dry or drier during the day, but almost certainly you will leak at night. This too is normal.
- Self catheterise 4 times per day.

### SECOND WEEK

- Try to hold your urine for 3 hours.
- Self catheterise 3 times per day

### WEEKS THREE/FOUR

- Try to hold your urine for 4 hours.
- Self catheterise twice per day if residual volumes are below 50-100mls, and then reduce to once per day for the next two weeks, ensuring residual volume is no greater than 100mls. You may then reduce to catheterising twice per week, then once per week, then eventually as needed.

The goal is to reach approximately 500ml. **You should never hold more than 500ml because by doing so, your new bladder can become over distended and consequently result in poor function and infected urine. This is of utmost importance.**

In the beginning, there will be a little sensation to let you know when you have to urinate other than leakage. Over time, you will come to know when you start feeling full and will be able to recognize when you should try to void.

At night, void when you feel the urge or if you wake up leaking.

**Please contact the Practice Nurse at Urology Sydney-95874888 or your GP if:**

- You have any fever; chills, high temperature, or your urine smells offensive or becomes cloudy.