

BLADDER TRAINING

Date & Time of foley removal :

_____ am/pm

Time	1 st voiding amount	Time (15 minutes later)	2 nd voiding amount

Introduction

Why is bladder training required?

An urinary catheter will usually be inserted when patient undergoes Modified Radical Hysterectomy or surgeries with operation site near the urinary bladder. This can facilitate the wound healing of the adjacent tissues. The urinary catheter will usually be removed in 10-14 days after the operation. Bladder training is required to help resuming normal urinary function.

Steps

- ◆ You have to start voiding in about 1.5 to 2 hours after the urinary catheter was removed
- ◆ A complete voiding procedure constitutes of 2 consecutive voids (after the 1st voiding, you need to have the 2nd void in 15 minutes)
- ◆ You are required to finish a complete voiding every 1.5 to 2 hours to avoid

bladder distension

- ◆ Please measure and record every voiding amount
- ◆ Please ensure that you have emptied the bladder completely by pressing on the supra-pubic area (lower abdomen) or allowing longer time for voiding
- ◆ Keep fluid intake as usual during bladder training
- ◆ Inform the nurse if;
 - unable to void
 - frequent voiding
 - feeling of incomplete emptying
- ◆ You will have an ultrasound examination of the bladder to check for residue urine
- ◆ If voiding is still incomplete, urinary catheter may be re-inserted. Bladder training will be performed again after 4-10 days.

Should you have any queries, please consult your doctor-in-charge or nurses

Information provided by the Department of Obstetrics and Gynaecology, Queen Mary Hospital.



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膀胱訓練
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