

WHAT IS A TRIAL OF VOID?

A trial of void measures the ability of your bladder to empty. The word void means passing urine.

Why is a trial of void done?

After surgery you may or may not have a catheter (tube) in your bladder. The catheter is usually removed in the operating theatre or on the ward the next day after your surgery. After catheter removal we need to make sure that your bladder is working properly and emptying completely.

Why is it important for my bladder to empty completely?

If you do not fully empty your bladder when you go to the toilet, you have what we call “residual” urine in your bladder. Residual urine may limit your bladder storage capacity and may lead to urinary tract infections and other urinary tract problems.

How is a trial of void done?

When you want to pass urine, you need to ring the buzzer next to your bed to let the nurse know that you are going to the toilet.

There will be a measuring container inside your toilet. The measuring container will collect the urine you pass. Immediately after you have finished passing urine, ring the buzzer again.

A nurse will come and see you. The nurse will use an ultrasound scanner on your abdomen to assess if you have completely emptied your bladder.

How long does a trial of void take?

A trial of void can take several attempts. You will no longer need monitoring once you have passed over 150ml of urine, with a residual amount of under 100ml on two consecutive occasions.

Can I drink normally during a trial of void?

Aim to drink about 200 ml each time. Drink throughout the day and leave at least an hour between drinks. It is important not to drink too much.

What if my trial of void is not successful?

A trial of void can take several attempts. If you do have problems with emptying your bladder, the staff will discuss this with you.

Very occasionally some patients need to go home with some form of intervention, such as self-catheterisation. If this is the case you will be instructed carefully by the staff regarding what to do and be followed up after discharge to check your bladder function.

What else do I need to know for a trial of void?

Please talk to the nurse if you experience any of the following:

- Decreased sensation to void
- Hesitancy, delay in starting a void
- Straining to start, maintain or complete a void
- Weak stream of urine
- Interrupted flow, for example, flow that stops and starts of its own accord
- Sense of decreased emptying
- Need to re-void within 5 mins
- Pain between belly button and pubic bone.