

Introduction

We hope this guide will answer your questions about Double Voiding. Please contact the team if you require further information via the details at the end of this leaflet.

What is Double Voiding?

There are several methods to improving bladder emptying, Double Voiding is one of the most common. Double Voiding is a simple (yet effective) technique that supports your bladder to empty. Usually, it means staying on the toilet for a bit longer and making a conscious effort to pee more than once during a single visit to the loo, giving yourself extra time (around 20 to 30 seconds) to fully empty your bladder.

This technique is particularly beneficial for people who have been diagnosed with urinary retention, overactive bladder or pelvic organ prolapse but you should always check with your GP or urologist to ensure it is a suitable technique for you. Your doctor may offer you a voiding ultrasound scan which can show if you are retaining urine in your bladder after you pee.

When you first sit on the loo, you may empty your bladder partially but still have some urine that stays behind. To help eliminate this issue, you can try double voiding by waiting a few seconds more after your initial pee and then trying to push any leftover urine out.

Why some urine might stay in your bladder?

A few factors can contribute to pee staying behind in your bladder - even when you think you've emptied it fully. Some of these factors include;

1 - *You're not relaxed*

If your bladder sphincter muscles aren't completely relaxed, it can be tricky to pass urine all in one go. The bladder sphincter muscle controls the release of urine from the bladder by opening and closing the urethra (your water-pipe). In fact, relaxation of the sphincter muscle is essential to allow it to contract all the way and push all of the pee out.

2 - *Bladder positioning*

Sometimes, sitting in an awkward position can affect how well your bladder empties. It may come as a surprise, but the position of your body matters when it comes to emptying your bladder fully.

3 - *Tension in your pelvic floor muscles*

If your pelvic floor muscles are tense, they can prevent your bladder from emptying. These muscles usually support your bladder, but can just as easily work against it when they're not fully relaxed.

4 - *Bladder capacity*

Over time, your bladder can become less efficient at emptying due to factors such as changes in muscle tone or menopause.

5 - *Frequency and urgency*

When dealing with an overactive bladder or incontinence you may experience increased frequency and urgency to urinate. In such cases, not allowing enough time to fully empty the bladder can lead to incomplete emptying, resulting in a small amount of residual urine being left behind.

Using the Double Voiding Technique

Double voiding technique is quite simple, and involves a few easy steps:

1 - Sit comfortably on the toilet and lean forward slightly. You should be both relaxed and supported by the toilet seat and not hovering. Then, lean forward at the waist. This position will help align your bladder so that it empties properly.

2 - Relax your muscles. As you begin to pee, try to relax and let the flow come naturally. Try not to strain or force the flow. Instead, focus on emptying your bladder and letting the urine pass naturally without any interruption.

3 - Stay on the loo and wait 20 to 30 seconds before trying to pee again. Once you've finished, wait for a few seconds to give your body the chance to reset. Then, try to pee again. This short pause can help release any extra urine left behind in your bladder.

4 - Use gentle movements to help you empty your bladder. If you feel there is still some pee left, try to release it by sitting more forward. You can also try rocking side to side or sitting up a little straighter. In some cases, you may find it helpful to stand up and walk around a little before trying again.

Can I do anything to help Double Voiding?

There are some important considerations when it comes to double voiding. It is best to ensure you do not strain yourself when double voiding and this means ensuring you do not strain or push excessively when peeing.

Pelvic floor exercises are a key to enhancing bladder control and minimising incontinence issues, and can significantly improve your bladder emptying.

You can also assist emptying by placing both your hands above your pubic bone - just below your belly button - and using your hands, apply gentle but steady pressure. Press inward towards your stomach without pressing too hard. You shouldn't cause yourself any discomfort. The pressure will help the bladder contract and release any trapped urine.

As you start to pee, keep pressing, and continue to apply the pressure even after you have stopped and hold it there for a few seconds. Similar to double voiding, wait around 30 seconds and then try to urinate again - all while maintaining pressure.

Contacting the team

If you have any further questions, please contact the Urology Booking Team on:
Telephone - 01279 962391 or
01279 952807
Office hours: 09:00 to 16:00

There is an answerphone available outside of these hours. Please leave a message and a member of the team will contact you.

If you would like this leaflet in another language or format, or you would like to give feedback on your care, please contact our patient experience team on paht.pals@nhs.net

Patient information

Double Voiding



Oak Unit

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