

## Timed Double Voiding Instructions

When your child goes to the bathroom, don't have him/her rush and go. Instead, have him/her take the time to empty all of the urine from the bladder. Here are some guidelines to help you.

- Have your child drink lots of non-caffeinated fluids and ensure he/she goes to the bathroom every three hours, even if he/she doesn't feel the need to pee. If you need a school note, please ask the nurse.
- When your child is in the bathroom, have him/her relax and pee as much as possible. Then count to 10 and try to pee again. Try to relax to let all of the urine out the second time.

### **For Girls:**

Small girls should have a footstool in front of the toilet so that their feet are on a solid surface. Girls should remove their underpants or lower them to their ankles to permit relaxed separation of the thighs. Tights or stockings should be removed completely. During voiding, the child should be comfortable and relaxed. Some girls seem to empty better when they sit on the toilet backwards, facing the tank. When finished, always wipe from front to back.

### **For Boys:**

Boys should be instructed to completely open their pants or button so that the penis is free of any constriction. If underwear constricts the penis, this should be corrected. Boys should be relaxed with feet shoulder width apart. They should take sufficient time to empty the bladder.