

Your important health information

Trial of void (TOV) for women with a known problem of passing urine (voiding)

What is a trial of void?

This is how we check that you can empty your bladder well after passing urine (voiding).

Who must have this check?

- Women, after pelvic surgery.
- Women who can't empty their bladder well after having a baby.
- Anyone who has difficulty passing urine for other medical reasons.

What happens?

- The nurse/midwife will remove your catheter.
- Try to pass urine every two to four hours or when you have the feeling to go.
- Try not to go less than every two hours as the sensation returns.
- Do not wait more than four hours to try.
- Pass urine into a bowl or a jug placed in the toilet.
- Call your nurse/midwife straightaway.
- The nurse/midwife measures the amount of urine.
- The nurse/midwife places an ultrasound tool on your tummy to check the amount of urine left in the bladder (residual).
- You are emptying your bladder well if you can pass a good amount of urine with only a small amount left in the bladder. This must be two times in a row.

If you can't pass urine or the amount left in your bladder is high you may:

- have a catheter put back in to empty the bladder and then removed to continue the trial

or

- have a catheter put back in and repeat the trial the next day

or

have the catheter put back in and see your specialist for a further plan

or

- the nurse/midwife will show you how to put in a catheter yourself.

What you can do to help?

- After passing urine wait for a minute and try to pass more. This is called double voiding.
- Drink normally over the day.
- Do not drink large amounts quickly as you can overfill the bladder. This can make it harder to empty well.
- Tell the nurse or midwife if:
 - you have burning or stinging when passing urine
 - you feel you cannot pass urine
 - your urine is smelly.

Further Information

If you have any questions regarding this information, please contact:

Mercy Hospital for Women

Gynaecology ward

Phone: 03 8458 4853

Urogynaecology nurses

Phone: 03 8458 4500 or 03 8458 4890

Werribee Mercy Hospital

Hospital in the Home (HITH)

Phone: 0419 389 127

Mercy Health Albury

GEM

Phone: 02 6042 1408

Healthy Aging Unit (HAU)

Phone: 02 6042 1447

Palliative Care

Phone: 02 6042 1505

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