

Date & Time of foley removal :

\_\_\_\_\_ am/pm

Time	1 <sup>st</sup> voiding amount	Time (15 minutes later)	2 <sup>nd</sup> voiding amount

## BLADDER TRAINING

### 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 is removed
- ◆ A complete voiding procedure constitute 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.



瑪麗醫院  
Queen Mary Hospital

### 膀胱訓練

## BLADDER TRAINING

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## 膀胱訓練

### 簡介

#### 為何需要進行「膀胱訓練」？

當病人接受「根治性全子宮切除術」或其他涉及膀胱位置附近的手術，醫生通常會擺放導尿管幫助膀胱排尿，使待復修的組織得到充份的休息。導尿管會於10-14天後拔除。這時病人接受「膀胱訓練」以幫助膀胱回復正常的排尿功能

### 過程

- ◆ 首先，病人要在導尿管拔掉後的首個半至兩小時內，排出第一次小便
- ◆ 一次「完整的小便過程」包括兩次的排尿：第一次排尿及15分鐘後再排出小便

- ◆ 每隔一個半至兩小時，要重複完成「完整的小便過程」一次，以防止膀胱漲滿
- ◆ 請量度及紀錄每一次小便的份量
- ◆ 每次小便的時候，應盡量把小便排清，可輕按下腹膀胱位置，或小便時多坐一會兒，也有幫助
- ◆ 在「膀胱訓練」期間，請照常飲水
- ◆ 如果有以下的現象，請通知病房護士：
  - 無法排尿
  - 有尿頻的現象
  - 未排盡之感覺

- ◆ 護士會為您作「膀胱超聲波」檢查，以測試遺留膀胱的尿液份量
- ◆ 若排尿不清，可能會再放入導尿管，四至十天後再進行膀胱訓練

如有任何查詢，請聯絡你的主診醫生或護士

#### 除去導尿管的日期及時間：

\_\_\_\_\_ 上午/ 下午

時間	第一次小便之份量	時間 (十五分鐘後)	第二次小便之份量