

## **HOLDING A FULL BLADDER FOR A TRANSABDOMINAL SCAN:**

It is essential to have a full bladder for a transabdominal scan, as the urine in your bladder enables a better visualisation of your organs in the pelvis.

If your bladder gets too full or painful whilst waiting for your scan, you may PARTIALLY empty your bladder.

### **HOW TO PARTIALLY EMPTY YOUR BLADDER:**

1. Relax your pelvic floor muscles once in the toilet
2. Pass urine for a duration of 10 seconds (count to 10 slowly e.g. One Mississippi, Two Mississippis)
3. Contract your pelvic floor muscles to stop your bladder from emptying completely. This is like doing pelvic floor exercises.
4. You can do this as many times as needed, PROVIDED that you drink more water each time.

Please do not completely empty your bladder at any time until your scan, or else it would be hard to image your pelvic organs during the scan.