

TRIAL OF VOID

A community nurse will visit you between 8 – 8.30am on _____

- Make sure you drink approximately one glass of fluid (100 - 200mls) every hour up till lunchtime and then drink normally.
- **DO NOT OVER DRINK**
- You will need a plastic measuring jug to keep a record of what urine you have passed.
- Keep your time and volume chart, which the nurse has given you.
- Do your normal daily activities around the house.
- **If you have any pain or discomfort contact either Cheryl Meade or Georgie Winsor at Southcare 9540-7540 or 9540-7175**
- The nurse will return between 3.30pm and 4pm to check your chart and she will review the situation.