

Bladder Expression Information Sheet

A dog may lose their bladder control temporarily or permanently due to injury or illness, meaning additional intervention is required. You can, however, learn to express your pet's bladder at home.

This information is to be used alongside a physical demonstration by one of our vets or nurses, where we can assist you with learning the technique. It will take practice, and trial and error, but we can offer you lots of support and advice. If appropriate we can begin teaching this skill if you visit your pet during their hospital stay.

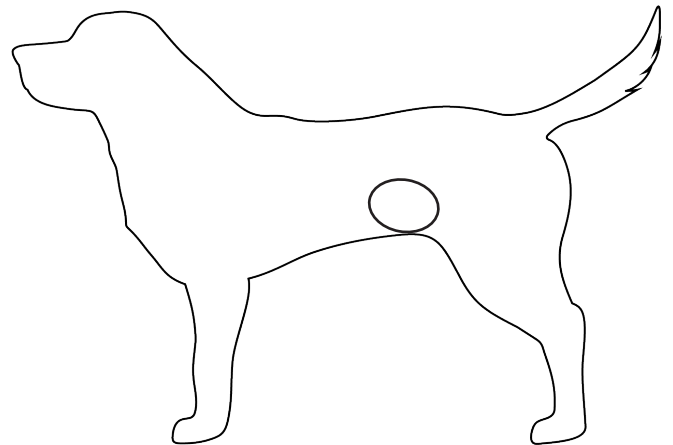


We recommend checking your pet's bladder every 6 hours, but the capability of the bladder to hold urine will differ between individual dogs.

- You can express the bladder with your pet standing up or lying down
- You can do this inside the house or outside (to mimic normal toileting routines).

Locating the bladder:

The bladder is like a balloon and is located within the abdomen. The size and location can vary slightly with the breed/size of dog and the volume of urine. When full it will feel firmer and be easier to feel for.



To express the bladder:

Place the flat parts of your fingers on either side of the abdomen in order to locate the bladder. Slowly apply pressure until you get a stream of urine. Use a steady even pressure.

Keep applying pressure until the urine slows to a dribble or stops. Wait up to thirty seconds to let the bladder reform and reshape, and then try again to express again to get the remaining urine out. Getting the last of the urine out will help reduce the chance of your dog developing a urinary tract infection.

Urinary Tract Infections:

Monitor urine for a change in colour (dark/cloudy), presence of blood, or a strong odour. If you notice any of these things please get in touch with your vet who may require a sample.

Contact Us (24/7)

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