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When the owner of a pet gets the news that his dog has lost the ability to control the bladder, it can cause a sense of panic. But learning to express your dog's bladder only takes time and patience. Some dogs experience urinary incontinence due to an accident or injury, which can be temporary. Others permanently lose control due to illness or aging. In any case, take the time to develop your own technique with your dog. What seemed like an insurmountable problem can only become a routine part of the day. Use constant even pressure when expressing a dog and use the same command every time you do it. Try to be calm! Soon, both you and your dog will figure it out together. Watch this video for a great introduction on how to express your dog's bladder, thanks to Miami's Southeastern Veterinary Neurology: 2. Find a Bladder. Gently make 'test cuts' in different places until you identify it, starting with where the ribs end and going back. The thumb should be on one side of the abdomen, and the fingers on the other side. 3. Gently squeeze your thumb and fingers together and see if urine is released. If not, move to a slightly different area on the bladder and try again. 4. The dog can raise its tail when the right place is shrunk by it. 5. Urine should be released in a fairly stable period. When urine is reduced to dribbling, the bladder is pronounced enough. This is not painful for a pet. It's often a great relief. How to express a dog of medium or large size 1. Place your hands on the sides of the pet behind the chest. Gently put your thumbs on the dog's back. 2. Apply constant, gentle pressure by pressing inwards and upwards. DO NOT put pressure directly on the injured spine, especially if the dog has disc disease. 3. If your hands get tired, stop to rest, then start again. As the bladder shrinks, you may need to stop and move your hands to a better position. Continue expressing until the bladder is empty. Expressing a dog with a disability 1. While a disabled dog may need a wheelchair to move around, the stroller can serve double duty as an expression aid. Reach under the dog to place your hands on your waist in front of your thighs. 2. Try to feel the bladder by pressing to the sides with your fingertips. When you find it, squeeze your hands together to start expressing. 3. Notice how far the waist is pushed while the dog is expressing itself. Express, rest and repeat until urine is no longer produced. Expression stations If the dog is large or heavy, it can be supported in a wheelchair, just like in a dog with a disability. This piece of equipment works very well as an expressive station. You can also create a station to express in other ways. One pet owner created an expression station on the back porch using a small metal hook, clothing line and small shroud to connect the line. to one end of the clip line in a dog walking belt. Step on the line to keep it stable. Another pet owner designed a simple expression station using a ladder with two legs, bars and slingshots. On the tape, he put his nails in several locations (to later fix the slingshot handles and adjust the height of the slingshot holding the dog's belly). First, use slingshots to help the dog get up and get under the ladder. When you arrive, extend the slat through the two handles of the slingshot. Then rest the bar on one step of the ladder on one side, and then on the other side of the ladder. Adjust the height of the slingshot using nails placed in different positions on the strip. Then let go of the slingshots and let it hold the dog. Now you can use both hands to express the dog bladder. The whole process takes only five minutes or so to realize, once you get to hang from it. And with the help of an expression station, one person can do it easily on their alone. Expressing your fists for firmer pressure Some people (especially women) find it helps if you make a fist with each hand. Then use the open face of the fist (thumbs directed forward) or wrist for the wrist (thumbs directed towards yourself when expressing). Using the whole fist allows you to use more pressure spread over a larger area than just your fingertips. Firm pressure is necessary at first, but once you get a dog, you will no longer have problems! Express everything you can, wait a moment, and then do it again, multiple times in each session. You can only feel the bladder when it is not abnormally scattered. Find a place that works for your dog and repeat actions countless times in each session. Encouraging urination There is another way to empty the bladder that works for some pets. This can be useful on a short-term or urgent basis. This includes external stimulation of the pet's genital area to encourage urination, as a mother cat with tiny kittens does. When expressing the bladder, you control how completely the bladder is emptied, but with external stimulation you are limited to how well a pet can empty the bladder on its own. External stimulation can cause the pet to urinate on the hand, which does not happen with expression. If your vet has shown you how to express your pet and you are unable to do it right, ask for another demonstration. If you are in a situation where your pet's bladder needs to be emptied and you have not been shown how to express or catheterize your pet, this method can temporarily help until you can see a veterinarian. Here are some additional references to the expression of a pet: Expressing your pet's bladder - General information expressed by your cat's bladder 1 They know the complications that can occur when a dog cannot urinate properly. Possible medical problems that may occur in a dog that cannot urinary tract infections and urine burns, in which long-term contact with urine. [2] Overflow or leakage of the bladder is a call for urinary infections, which, if left untreated, can lead to fatal complications. It is also important not to allow the bladders to overflow as this can lead to loss of bladder tone. Then, when the dog can recover bladder control, the bladder will not function properly. 2 Consider the commitment involved. Deciding to help a dog urinate is a big commitment. You will need to do this about 4-6 times a day. Fortunately it only takes about 10 - 20 seconds each time. Nevertheless, many veterinarians do not encourage people to try to express their dog's bladder because such intense dedication is needed. Unfortunately, the main option besides manual emptying of the dog bladder is euthanizing the dog. 3 Understand your dog's urinary system. With the bladder, you need to empty it often or the dog will become poisoned with urine. Urine will not come out on its own; it will only spill over what the bladder cannot contain as more urine flows into the bladder from the kidneys. The rest stays in place. This is one of the reasons why dogs with disabilities are so prone to urinary tract infections. What about the poop? Poop is really different from peeing. Poop will come out alone, without your help, eventually. There's no risk of him staying inside causing infection. 4 Get instructions from your vet. Have your vet give you a demo first, so you know the exact pressure to apply it. If necessary, the next day go back and express under the supervision of a veterinarian or his veterinary technology to make sure that you have pulled all the urine from your dog's bladder. 1 Squat in front of the toilet, holding the dog with its buttocks above the bowl, and his body resting on his left leg or knee. In this position, the dog's head will look behind you. You can also do this outside over the grass, but it will probably be more convenient for you to simply take your puppy to the bathroom. 2 Stabilize the dog with your left hand. Then reach under her body with your right. 3 Cup fingers like you're going to pick up a lemon under your belly. Feel something that has lemon dimensions and the consistency of a water balloon. [3] Squeeze gently, gently pushing towards the back of the dog. It takes a little exercise, but the hardest part is learning how to feel your bladder. This is the part that the vet will help you the most in explaining or demonstrating. Your dog can pick up its tail when you find the right place. [4] 5 Ensure that you have completely emptied your bladder. When the jet of urine goes from the stream to the leak, the bladder is fully pronounced. [5] The bladder will feel flat after being completely empty. It would take less than a minute for the entire bladder to empty. 1 Take the dog out. With a male dog, the goal is more difficult, so emptying the bladder in The toilet would be heavier. You can stand or squat with a dog. 2 Hold the dog in your left hand, in a horizontal position, with the hind parts resting on your left leg. Your left arm should support the dog around his chest. 3 Reach under the dog with your right hand. You should feel above the base of his genitals because of his bladder. Sometimes it's pretty high up in the body. 4 Squeeze gently. Urine must make the right corner turn through the urethra, so as not to worry about squeezing towards any direction. Again, continue squeezing until the bladder becomes flat. 1 Make an insignificant station. It will consist of small ladders, a bar and a slingshot. [6] To adjust the height of the slingshot handles holding the dog's belly, place some nails along the bar. Tightly fasten the nails (or screws) along the area where the handles hang from the tape. You will want to be able to move the handles further to lift the back end of your dog, so that each nail should be a few centimeters away, so that the height can be gradually adjusted. 2 Use slingshots to help the dog get up and walk under the ladder. If your dog can't walk on its front legs, you'll need to carry the dog to put it in position. 3 Place the bar through two slingshot handles and on the ladder fleeces. You will want to attach the handles to the nails on the strip, starting with the positions that are closest together. 4 Adjust the height of the slingshot using the nails on the strip. Place the handles in different positions on the strip, moving one side at a time, one nail at a time, until the back end of the dog is supported by a slingshot. When positioned correctly, the back end of the dog should be supported, but not so high that their hind legs are more than a few centimeters from the ground. You should support your dog's back weight as you adjust your slingshots. Use one hand to hold the dog while using the other to move the slingshot handles. 5 Let go of the dog's back and let the slingshot hold it. Your insignificant station should keep the dog safe. 6 Use both hands to express the dog's bladder, gently pressing on both sides. The dog will learn to return and let the slingshot keep him in the right position. The slingshot should be placed so that the bladder is right behind the sling area and therefore easy to locate and express. The whole process takes only 5 minutes, and if necessary, one person can do it on their alone (for a dog of 70 pounds!). Add a new question Will I actually cause too much pressure to damage the dog's bladder? Unless they show signs of pain, you're fine. Yelling, growling and whining are bad signs. The question is, where did I get the dog slingshots? A veterinarian should be able to provide you with one, but if not, you can find it in the pet supply store. Ask a question, thank you! This article was co-authored by Melissa Nelson, DVM, Ph.D. Dr. Nelson is Who specializes in Companion and Large Animal Medicine in Minnesota, where she has more than 18 years of experience as a veterinarian at a rural clinic. She received her Doctor of Veterinary Medicine from the University of Minnesota in 1998. This article has been viewed 139,971 times. Co-authors: 21 Updated: March 5, 2020 Views: 139,971 Categories: Canine Urinary System Health Print Send fan mail to authors Thank you to all authors for creating a page that has been read 139,971 times. Our pooch has nerve damage in his lower spine. He can't stand alone anymore. We decided to see if we could manage his urination ourselves. This article was extremely useful with description and images. It helped me help our pooch urinate with help. Thank you! ... More It was phenomenal, especially the part that shows where and how to express the bladder. I feel a lot more confident now. Thank you very much. ... More Great information, my vet didn't tell me that even when I asked. A lifeguard for my old dog. The video helped clear the written instructions. It took him a while, but he finally urinated. My dog will hopefully get better. He made it look easy, thank you. Share your story