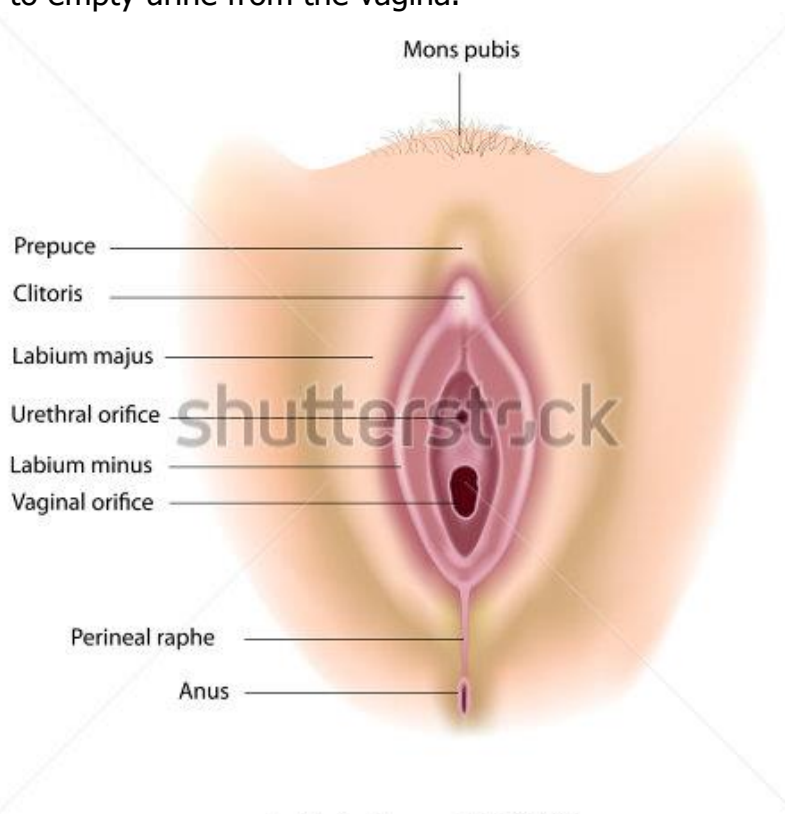


Voiding Instructions for girls with Urethro-vaginal Reflux:

1. Sit steadily on the toilet brim, legs fully supported.
2. Keep the legs well apart.
3. Lean the trunk forward (as much as you can) making the pelvic tilt forward and the urinary stream more vertical.
4. Separate the labia before voiding.
5. At end of voiding, use toilet paper to press and lift the perineum (skin between vagina/vulva and anus – where the (perineal raphe is in the picture below) forward/upward (from the base of the vagina and away from the rectum) to empty urine from the vagina.



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