

How to Express Your Dog's Bladder

Expressing a dog's bladder is the best way to keep an incontinent pup healthy. It lowers the risk of urinary tract infections and urine scald. For some dogs, it's critical to their health because expressing their bladder is the only way to empty urine.

It takes practice to master the technique, but most pet parents quickly become pros.

Locating the bladder:

The bladder of a male dog, is in the lower belly, above the middle of the penis. The bladder of a female dog is located further back, above a dog's hind legs.

Feel for an oval shape that has the consistency of a balloon.

Two-handed expressing method:

Place your dog in the position where they are most comfortable for expressing. That can be in a standing or lying down position.

Put your hands on each side of the bladder.

Slowly push on the bladder by bringing your hands together until you get a stream of urine.

Continue to push until the stream becomes a trickle or stops.

Release your hands for 30 seconds. Then try again. This will get the remaining urine out of bladder.

Clean the skin around the lower belly with baby wipes and a fluffy soft towel.

Over the arm sling method:

Place your dog in an upright position while supporting the rear limbs.

Feel for the bladder at the midpoint of the lower belly.

Slip one hand for small dogs or one arm for large dogs under the lower belly for support.

Use your free hand to put pressure on the bladder and slowly pull your arm upward.

Put pressure on the bladder until a steady stream of urine flows.

When the stream becomes a dribble. Stop, wait 30 seconds and press again to be sure the bladder is empty.

Clean the area with baby wipes and a soft towel.