Timed-Double Voiding:

- 1. Urinate every 4 hours while awake, even if you do not feel the need to urinate.
- 2. Stand up and walk/wait 3-5 minutes.
- 3. Go back and urinate again.

Double Voiding:

- 1. Void as usual.
- 2. Stand up and walk/wait 3-5 minutes.
- 3. Go back and urinate again.