

## **Crouching over the toilet seat: prevalence among British gynaecological outpatients and its effect upon micturition**

K.H. Moore Lecturer<sup>1</sup>, D.H. Richmond *Senior Lecturer*<sup>1</sup>,  
J.R. Sutherst *Honorary Director*<sup>1</sup>, A.H. Imrie *Consultant*<sup>2</sup>,  
J.L. Hutton *Lecturer*<sup>3</sup>

<sup>1</sup> Gynaecological Urodynamic Unit, Royal Liverpool Hospital, University of Liverpool L7 8XP, <sup>2</sup> Department of Gynaecology, Princess Royal Hospital, Hull, <sup>3</sup> Department of Statistics and Computational Mathematics, University of Liverpool

**Summary:** This study investigated whether British women prefer to crouch over public toilet seats, and measured the effect of such a voiding position on urine flow rate and residual urine volume. Of 528 consecutive women who attended a general gynaecological clinic and completed an anonymous questionnaire, 85 % usually crouched over the toilet when using a public convenience, 12% applied paper to the seat and 2% sat directly on public toilet seats. When using a friend's bathroom 38% of the women voided by crouching. Results were similar for 155 patients attending a urodynamic clinic, 80 of whom were studied while voiding in both positions. There was a 21% reduction in average urine flow rate and a 149% increase in residual urine volume in the crouching position. Women undergoing urodynamic tests should be asked which voiding position they used before abnormal results are interpreted. Patients with a reduced functional bladder capacity may benefit from being encouraged to sit comfortably on the toilet whenever possible.