



## **Female Urination Device (Stand-to-Pee Device): Comfort & Support During Recovery**

**Medical disclaimer (please read):** This guide is for general educational purposes only and is not medical advice. Your surgeon, nurse, physical therapist, or clinician can tell you what toileting and hygiene strategies are appropriate for your specific procedure, precautions, and recovery plan.

A Female Urination Device (FUD)—sometimes called a pee funnel or stand-to-pee device—can help some women urinate while standing. During recovery, it may be useful when sitting down, standing back up, bending, or managing clothing and hygiene is uncomfortable or restricted.

### **When a female urination device is commonly used**

People often consider a FUD when they want to reduce repeated sit-to-stand transfers, limit bending, or make toileting feel simpler with drains, compression garments, or limited mobility—especially during early recovery after:

- Abdominal & core surgeries (tummy tuck/abdominoplasty, abdominal liposuction/360 lipo, hernia repair, C-section)
- Pelvic & gynecologic surgeries (hysterectomy, myomectomy, pelvic organ prolapse repair, bladder sling/incontinence procedures)
- Plastic & cosmetic surgeries (Brazilian Butt Lift/BBL, thigh lift, body lift, lower body lift after weight loss)
- Orthopedic & mobility-limiting surgeries (hip or knee surgery, spinal surgery)
- Bariatric & major weight-loss surgeries (gastric sleeve/bypass, panniculectomy, fleur-de-lis abdominoplasty)
- Post-trauma or limited-mobility recovery (rib/chest injury recovery, walker/crutch use, post-ICU weakness)

### **Potential benefits (for many users)**

A female urination device may help you:

- Reduce the need for repeated sitting and standing when transfers are painful or slow
- Limit deep bending or twisting that may be uncomfortable during early recovery
- Make toileting feel more manageable when wearing drains, compression garments, or bulky dressings
- Support hygiene routines when mobility is limited (when used and cleaned properly)
- Feel more confident using public restrooms or traveling during recovery (when appropriate for your care plan)

## How it can support day-to-day routines

Depending on the device style and your setup, a FUD can:

- Provide a simple way to urinate without fully sitting on the toilet
- Reduce time spent maneuvering clothing and getting positioned—especially when movement is restricted
- Be used as part of a bedside or travel toileting setup (when clinically appropriate)
- Help some people feel steadier by reducing rushed movements in the bathroom

## Safety note (important)

**Safety disclaimer:** Use only as directed by the manufacturer. If you feel unsteady, lightheaded, or weak, ask for help and prioritize fall prevention. A FUD may not be appropriate with certain incision locations, pelvic precautions, catheters, active infection concerns, or provider-directed toileting restrictions—check with your clinician. Clean and dry the device thoroughly between uses to support hygiene. Stop use and contact a clinician if you develop significant pain, burning with urination, fever, or other concerning symptoms.

## Quick setup + hygiene checklist

- Choose a comfortable style: Rigid vs. soft silicone options fit and feel different; select what matches your comfort and mobility.
- Practice before you need it: Try it at home (many people practice in the shower) to learn positioning and flow control.
- Stability first: Wear non-slip footwear if needed and make sure the floor is dry and well lit.
- Plan clothing: Loose, easy-on clothing can make toileting simpler during recovery.
- Position slowly: Take your time—rushing can increase leaks and increase fall risk.

- Clean after each use: Wash per manufacturer instructions (often warm water + mild soap), then rinse and dry fully.
- Store clean and dry: Keep it in a clean pouch or container, separate from used items.
- Keep supplies nearby: Consider wipes, hand sanitizer, and a spare pair of underwear for early practice days.

💡 **Helpful Tip:** If you plan to use a FUD after surgery, practice a few times before your procedure so it feels familiar when you're sore or tired. Many people keep a small "bathroom kit" (device + wipes + clean pouch) in one spot so it's easy to grab at night or when traveling. Always follow your surgeon's advice for post-operative toileting and hygiene.

**Information provided by: [AfterSurgerySupplies.com](https://AfterSurgerySupplies.com)**