

# RESTROOMS *of the* FUTURE

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## Personal Hygiene Secrets & Solutions

### A Woman's Guide on How to Pee **Standing Up**

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*“Far and away the most practical information regarding female anatomy I've run across in years. Who knew?”* — Judith Lewis, *LA Weekly*

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— DENISE DECKER, RN, BSN —

## Introduction

When the original *Woman's Guide on How to Pee Standing* was first created in 1997, we only had the "finger-assist" method, listed halfway down this page. A lot of water has gone under the bridge since then. We've had over three million visitors to the *Guide*, and thousands of women from all walks of life, from doctors to forest firefighters, to policewomen have sent us encouraging e-mail, sharing their mostly positive thoughts on this very personal topic.

During our first year on the web, we learned that many women wanted the pee standing option, but did not want to touch their inner labia or get their fingers wet in the process of urinating. Touching the inner labia, however, is a requirement for most women if they want the stream to go forward rather than straight down when using the device-free method.

To get the urine stream to go forward *without* touching the labia in most cases requires an assistive device of some kind.

There were no pee standing assistive devices available that worked well in the last millennium, so we decided to hire an engineering firm with experience in feminine hygiene products to help us design and manufacture one of our own for our *Woman's Guide on How to Pee Standing* viewers.

It took 18 months, a fair amount of money, a lot of patience and the help of more than 900 prototype testers from around the world, but we're pleased with the result. The new device, dubbed "TravelMate" won a prestigious [Medical Device Excellence Award](#) at New York City's Javitts Convention Center in 2001.

We established a new web site for the TravelMate where you can find out more about it and purchase one for yourself. You'll find it here: [www.travelmate.info](http://www.travelmate.info).

# *How to pee standing* Without Devices

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Some women master this skill on the first or second attempt, others take several months of practice. A survey we took of over 600 respondents indicated the success rate was about 70%. If you are having problems, be sure to see our [Problems and Solutions](#) page.

The shower or bathtub is a good place to begin. (By the way, contrary to what you may have been told by family and friends, a healthy person's urine is STERILE as it leaves their body. Once outside the body, airborne bacteria can contaminate it fairly soon, so be sure to rinse the shower or bathtub surfaces with fresh water)

Don't expect to master this skill on your first attempt. After you've practiced a few times, you should see some improvement. (aim for the drain)

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## Finger-assist method

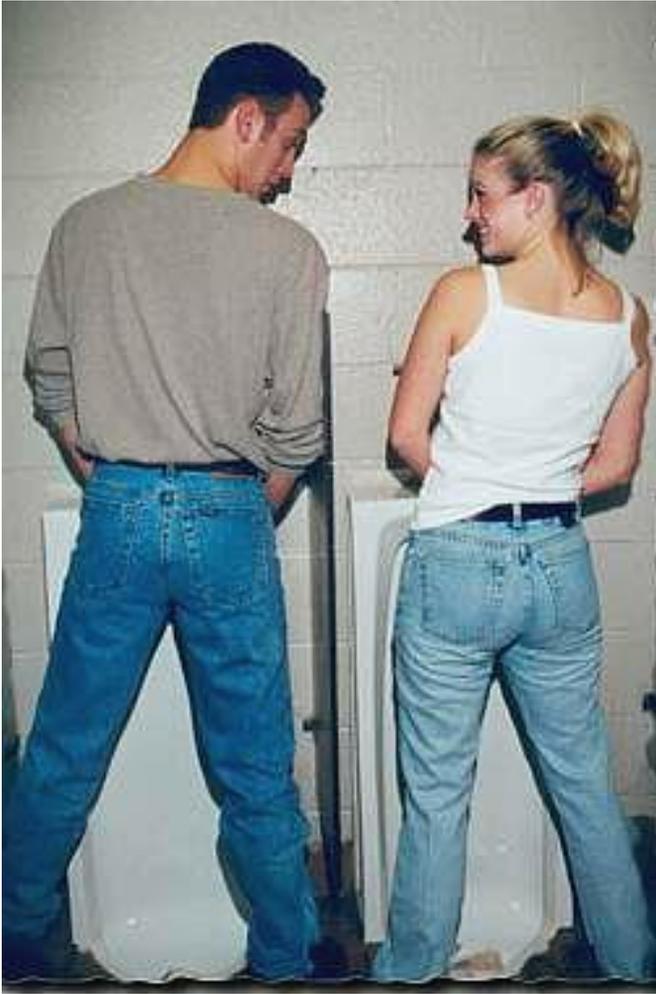
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1. Wash or wipe your hands clean with a moist towelette.
2. Adjust clothing. Pants should be pulled down in front a few inches. Skirts should be lifted. Underwear should be pulled down at the waistband or move the fabric at the crotch to one side.
3. Wipe your labia area clean.
4. Using either hand, make a "V" with your first and second finger and spread the inside of your labia minora. (the INNER lips) Beginners may want to try using the fingers from both hands for better control.
5. Lift to the desired angle, then pee. (If you don't spread and lift, it could run down your leg.)
6. Wipe your labia if necessary.
7. Wash your hands and you're done!

➔ [I Want to Know](#)

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➔ [Denise's Mailbox](#)



## E-mail from our readers...

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*All names have been changed to protect the privacy of these people.*

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**Diane writes...** I've used urinals many times when working late at my office (at first, because the men's room is much closer, and now, because I find a urinal to be more convenient).

I do it facing, and it works fine now that I know the posture (nothing extreme). I don't make any kind of mess, and don't even have to undress as much as to sit down.

I'm starting to think women have been kept in the dark about this for a reason. Maybe Oliver Stone will do a movie...

**Emily writes:** Fabulous page I've stumbled on! I am 24 years old and single. Since I first started wearing jeans (my favourite garment!) I have worked on overcoming a woman's problem, namely how to pee without having to pull your pants down and squat. I also developed a method which enables me to pee through the open zip of my jeans as conveniently as a man. It comes down to a strong start and a rapid shut-off finish (i.e. no dribbling). My technique is simple. At first I pinch myself shut until the pressure builds up, then as the stream starts to die, I push to keep maximum flow, then I can stop it fairly suddenly. From the age of 16 I have had this down to a fine art, never leaving more than the odd spot on my clothes

**Debbie writes...** One wonders what circumstances led you to know about this, and also just how many of us will secretly try this out! (And how few will admit to it afterwards?)

**Janice writes...** Well I'm in college and you'd be surprised to see how many college girls use men's urinals. I personally find it boring to pee in regular stalls. Its much more exciting and daring to pee standing up at urinals. Any woman can pee standing up, facing a urinal, looking at the wall or whatever men look at. Down here in Texas at one of our stadiums, they are installing urinals for women in addition to the stalls. Usually there are long lines for the women's bathroom. My friends Judy and Karen will sometimes stand at the urinal and see who can get the furthest arc. It works best when we are all drunk!

**Gabrielle writes...** Here's a little about women using men's urinals (my personal experiences). I usually pee standing up in any location, and can use just about any type of men's urinal with ease. I stand with my feet slightly apart, about shoulder width, and my pants and panties pulled down to my knees. I lean back slightly at the waist, with some arch in my back. When I start to pee, I push hard to start a strong stream, and push again at the end to keep the stream up until I'm done. I find that I have good control over where the stream goes, and it's a pretty clean process. Sometimes I dribble a little when I'm finishing up, but not too often. Most of the time I don't even need to wipe when I'm done. If I'm wearing pants with a long enough zipper, I just unzip, pull my panties aside, and go through the fly. Once while doing this outside, another woman asked if I had a penis. She asked how I could urinate standing up without making a mess. My, what our mothers never taught us!!

**Gabrielle writes more... regarding drips:** I don't really have any problems with drips, as I said, I can often get away without even having to wipe when I go standing up. I always seem to need a wipe when I go sitting down, however. Perhaps the lack of drips is due to 1) the fact that I give a hard push to get the last of the flow out as I stop, or 2) the fact that women simply have less length of plumbing between the bladder and urethra to contain urine, making it easier to drain completely. Regarding aim: It wasn't great when I started peeing while standing on a regular basis (probably 10 years ago), but it has improved over time. I am now precise enough that I can go through the fly in a pair of jeans. Aiming and stream control are accomplished mostly with the hips. When learning, a good technique is to place your hands against your lower abdomen, on the pubic hair triangle. By pressing with either hand your stream can be angled. By pulling up or pressing with both hands you can point the stream upward. Try this in the shower where it doesn't matter if you are sloppy the first few times. Eventually you may become good enough to be able to write your name in the snow. (yes I've done this!) Hope this insight helps.

**Lisa writes:** My secret to peeing without exposing myself is to press the edges of my jeans around my labia so that it actually protrudes through the fly. Then I'll spread the lips slightly. Pinch and pull up on the pants opening in order to direct the stream out front. Sometimes I get a few drops on my jeans when finishing, but it sure beats going the traditional way.

## Device-free methods

# Solving Problems

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➔ [I Want to Know](#)

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➔ [Denise's Mailbox](#)

DON'T GET DISCOURAGED if your first attempt doesn't work just right. This is a skill that takes practice. On my first attempt most of the pee went down my left leg. That was because I was applying too much pressure to one side of my lips (labia). I tried again an hour later after my bladder had filled up again. This time NO pee went down my leg. The stream went forward about 24 inches, but was a coarse spray. With each new attempt I got better.

The whole key to success was knowing EXACTLY where to put my fingers, how much pressure to apply, and what direction to push. After each attempt you get more familiar with the feel of things "down there" and learn a little more about where to put your fingers to get the desired stream. In a way it's like learning how to whistle. You have to learn how to position your lips for the best results. - Denise

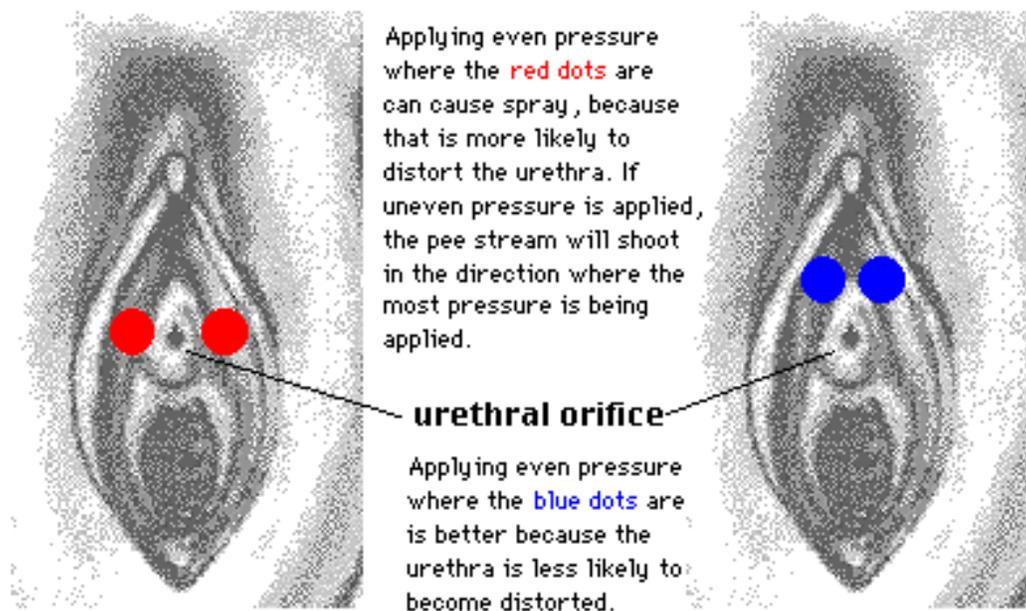
*The next part of this page is an excerpt from a letter a woman in Boise, Idaho sent me. This woman has been standing to pee for over 40 years (all her life). Here is what she has to say:*

"To me standing is as natural as sitting is to the majority of women. My mother told me when I was young that women in the old days out west would stand to pee, especially at night instead of sitting on a wooden seat in a cold outhouse. Unfortunately I never got a chance to know my grandmother, as she died before I was born. I am quite interested in helping women who are really interested in learning to pee while standing. But I have found over the years that while many women want to pee while standing, they don't want to go through the practice. The first thing is to decide that you will never sit again. Even when you are feeling lazy. You have to practice hundreds of times to get real good at it. I suggest wearing a skirt or dress for the first several weeks until you get the hang of aiming."

**Spraying...** "I have found that if you pull up too far--you spray. Also, you have to make sure your labia is completely out of the way. From years of pulling my labia, I have stretched them out enough to hold with 2 fingers in a "V" real easy. The best way is to go in the shower and practice. Spread your legs, hold your lip -- but don't pull them -- start the flow, it usually will go straight down. If it doesn't, slightly pull the opposite lip until you are going straight -- now, slightly pull up on your lips until you are hitting a spot about 12 inches in front of your feet. Now that you have the angle down,

you can adjust your stream by pulling your lips slightly apart. After you are satisfied with your stream, get to know the feeling and pressure of where your fingers are. Next work on accuracy. I suggest a standard size coffee can on the shower floor, then a 1 quart jar. I have a girl friend that always sprayed and we couldn't figure out a way to stop it. She found that her urethra naturally points forward at the right angle, so she doesn't have to use her hands at all."

**Dripping...**"You can shake your lips like guys shake, but if you are doing things right there shouldn't be anything on your lips. After a while you learn to control your muscles. (i.e. the [KEGEL](#) exercise) I drip once in a while, but unless you don't wash your clothes regularly there is no smell.



*Listed below are some problems and solutions sent in by other women. If you have a solution to someone else's problem, or have a problem you would like to have answered, please send it in!*

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### **My pee stream goes everywhere except where I want it to!**

This is normal when you're first starting. It sometimes take a lot of practice to hit your target accurately. As you may know, a lot of men never master this! (and they've been doing it all their lives!) I recommend practicing in the bathtub or shower until you can consistently hit the drain.

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### **My pee stream starts OK, but then "runs out of power" and gets me wet.**

The solution is a strong start and a rapid shut-off finish (i.e. no dribbling). [Kegel exercises](#) really help. At first, tightly squeeze your bladder muscles until the pressure builds up. Then release your urine. As the stream starts to die, continue to push to

maintain maximum flow until your bladder is 95% empty. Then cut off the flow abruptly. Consider wearing baggy shorts until you've conquered this. You can pull your panties to one side and pee through a leg opening pretty easily without getting yourself wet, and (drum roll, please) you don't have to expose your rear end!!

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### **My pee stream veers off to one side.**

If your urethra orifice is angled, causing the stream to veer to the left or right, you need to compensate. Gently pull one of the labia minora "flaps" slightly to get the stream to go straight. If in your case the stream is going in the left direction, you should pull slightly on the left "flap".

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### **My pee stream is weak.**

Some people have weak bladder muscles or a constricted urethra (small diameter) It's best to have a full bladder when urinating upright so that you have good pressure. If it consistently takes you more than a minute to empty your bladder, you might consider talking to your doctor about what can be done to speed the flow. An alternative for those with consistent low pressure is to use the "TravelMate".

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### **I need one hand to hold the labia apart and another hand to pull the panties aside. That leaves me with no HANDS to wipe up.**

I will assume you are right-handed for this tip, but if you are left handed, just do the opposite of what I say:

Put tissue in your right hand, then separate the labia with your left hand. Move the panty out of the way with the right hand. Once the stream has finished, let the index finger of your left hand do the work of holding the panty to one side, and use your right hand to wipe. Then release the panty and you're done!

If this procedure feels awkward, try it using the opposite hands. (right hand separating the labia, etc.)

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### **When I pull up on my labia, the pee stream actually loses pressure.**

It's possible that your pubis -- a bone which is part of the pelvis -- is just slightly above your urethra (this is not the usual situation). When you separate your labia and pull up, it might cause your urethra to press up against this "bony" pubis causing your stream to

lose pressure. By gently pulling the inner labia "flaps" slightly forward while you spread them, you can often resolve the problem. If the problem persists, consider using the TravelMate technique.

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## **When I'm peeing through the fly of my jeans and almost through, the last of the pee stream hits my pants!**

Here's an idea for the few-drops-on-the-jeans problem if you're handy with a needle and thread. Get yourself a two-inch (5 cm) wide piece of fabric strap (elastic works OK) that's about six inches (15 cm) long. Sew one end on the inside bottom of the fly. When you want to relieve yourself in the standing position, pull out the other end of the short strap through the fly. The last few drips should then hit the strap instead of your jeans. The strap inside a pair of loose fitting jeans is not even noticeable.

**If you have a problem or solution, [send it in](#), and I'll post it here.**

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## **My favorite helpful device that is discreet and inexpensive**

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Some women have a more difficult time learning the device-free method than others. That could be due to child birth, or other variations. For them, the "TravelMate" is a good alternative.

You can find out more about TravelMates by visiting the [device-assisted method page](#).

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*Denise Decker's*  
**Frequently Asked  
Questions Page**

[➔ I Want to Know](#)[➔ I Need Help](#)[➔ Denise's Mailbox](#)

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### ***Why did I create this web site?***

My internet service provider told me when I signed up in 1997 that they would host personal web pages free of charge. (and yes, this one is about as PERSONAL as you can get!!) Since I enjoy sociology, (the study of society) nursing, architecture, and the great outdoors, I wanted to create a site that reflected those interests. I also wanted it to be "one-of-a-kind". Since there are discussion groups for just about everything, but nothing for restroom problems & solutions (something we can all benefit from), I figured that would be a good topic to cover.

With the idea of creating something very unique, yet relevant to us all, "Restrooms of the Future" was born on November 15, 1997. It outgrew the "free web pages" phase in November, 1998, and now has its own domain name, [www.restrooms.org](http://www.restrooms.org).

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### ***What do I do for a living?***

I went to Sonoma State University in California where I received my Bachelor of Science degree in nursing in 1984. I did my internship in nearby Auburn as a public health nurse. After graduation I spent the next ten years working for several home health agencies, mostly taking care of the elderly.

In 1995 my husband and I decided to spend more time with our new baby, so we started our own business taking care of two elderly people in our own home. My husband went back to school and became a nursing assistant to help me out, but most of the day he handles the administrative side of the elderly care business. Taking care of elderly people can be like taking care of infants. It's a 24-hour a day job. During the part of the day our patients and children sleep, I maintain this web site.

## ***Is Denise your real name?***

No, it's a pseudonym. There's never been a compelling reason to reveal my real name, so I chose "Denise" to identify myself on the internet. Someday I might reveal my real name, but right now I don't see any point in doing so.

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## ***What does your husband think of this site?***

Although teaching women how to pee standing is kind of a strange topic, he shares my passion for dispelling myths and educating people about health-related topics to improve their quality of life and personal hygiene. He helps a lot with the technical aspects (html, etc.) of running this site as well as another one we run--[www.carehomes.org](http://www.carehomes.org)--which educates people about nursing home alternatives for the elderly.

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## ***Why are you focused so much on women who pee standing?***

When this web site was first published, I posted whatever interesting restroom-related essays crossed my path. The technique for women to pee standing (without devices) was something I came across one day while browsing the internet. It certainly was interesting! After posting the instructions, comments started coming in, so they were added to the technique page. More comments came in, so "Denise's Mailbox" got started. Several other essays have been added to the Restrooms of the Future web site, but nothing else has been nearly as popular as the "women who pee standing" topic. So I'll continue to discuss it until people lose interest.

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## ***How do you pay for your site expenses?***

Orde, a designer of a female urinal, has helped with some of the expenses, but most web site expenses are paid out of profits from the ["Bathroom Boutique"](#).

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## ***How do I feel about women who pee standing?***

Well... truth is, I don't care whether a woman pees standing or sitting. That's their business, not mine. However, once I learned the trick, I thought it was pretty awesome and thought that other women would like to know about it too. I don't feel comfortable discussing subjects like this face-to-face with other women, so the internet was the perfect solution. Here I can help spread the word while still remaining anonymous.

## ***Haven't you validated Freud's "Penis Envy" theory by creating this web site?***

Fish are better swimmers than humans, but so what? Most of us don't want to be fish. However, humans are smart enough to look at the anatomy of fish and borrow some of their features to help them swim better. What do I mean? Well, those rubber fins we strap to our feet were inspired by the tailfins of fish. We've "borrowed" that feature, and now human swimmers take advantage of it.

The pee standing technique and TravelMate are similar in principle to learning how to swim and using rubber fins. It's amazing to me that some people in our society regard those women who want to learn how to pee standing or use TravelMate as envious of penises. But would those same people consider a swimmer envious of a fish because they took swimming lessons? Of course not. But the principle is the same. Why aren't those people consistent in their beliefs? I'd bet not even THEY know. (but feel free to point this out to them if you find it necessary to defend yourself from "penis envy" accusations)

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## ***How many visitors does the "A Women's Guide on How to Pee Standing" and "Denise's Mailbox" pages get each month?***

Since November 1997 (the first month) we've hosted over 400,000 visitors. In March, 1999 (the last month I counted) we had an average of 1297 visitors per day. There hasn't been any advertising so far except for word-of-mouth. Occasionally we get free publicity from newspapers, magazines or the radio. In March, 1999 Dr. Dean Edell, the medical doctor with his own national radio show told his audience to visit this site if they want to learn how to pee standing. For a transcript of Dr. Edell's comments [click here](#).

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## ***What do I think of "watersports?"***

For those of you unfamiliar with the term, it is a sexual fetish having to do with urination. Personally, I have no interest in it.

When establishing this site I decided to keep it as sex-free as possible so that you could show others this site without being too embarrassed by it. The last thing I want is to be considered an "Adult site". You will NEVER see any pornographic pictures on this site.

## **What I hope "Denise's Mailbox" and "A Women's Guide on How to Pee Standing" will accomplish**

Whatever success Denise's Mailbox and the "technique" page achieves is because of the contributors and all the other information I have gleaned off the internet, not me. I am simply organizing everyone's thoughts on this particular topic. But seeing your efforts make a difference in other people's lives is very fulfilling. The following letter is one I received last year from a woman in England that really touched me:

*I don't know if you remember me, but I wrote a few times to you during March of this year. As you know my posts to your forum came to an abrupt end. This was because I was involved in a car crash. I was hit head on by another vehicle, and spent 10 weeks in the hospital. I am still recovering from the after effects! I suffered lots of injuries, the major one being my left kneecap was smashed. This was very painful, and I am just now learning to walk again. I was put in a Neofrac for 6 weeks, which meant I was unable to bend my leg. Let me explain a Neofrac: This is a new form of plaster to hold joints while they heal. Instead of plaster of paris, this is plastic which is moulded to the shape of the joint. (In my case, my leg, although it could be an arm or even torso.) It has a zip at the side to enable the doctor to remove it to inspect the joint. My Neofrac was from the top of my thigh to my ankle.*

*At first I had to use a bedpan to pee, as I was unable to sit on the toilet, but as I started walking with crutches I was able to pee in the toilet standing, thanks to you, Denise! Two different nurses asked how I managed to use the loo with me being unable to bend my leg. I just fended off the question by saying "with difficulty". I was able to lean against the wall at the side or corner and stand on my right leg. This gave me both hands free to direct my stream. I was able to get most of my pee in the toilet. I am still on crutches now but hope to lose them soon. I am now home, and still unable to bend my knee fully. I always stand to pee now, and only sit down to do a "number 2". I am pleased your forum has developed so well. If it hadn't been for you I would never have discovered this new skill. I can't thank you enough, Denise. Keep up the good work on your site.*

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