Notes

Wellspect®
A REAL DIFFERENCE

MICTURITION CHART

Intermittent Catheterization (IC)

Information

A micturition chart is a tool to adjust how often you need to catheterize. You need to record both during the day and night, for 48 hour/2 days.

Note when and how much you urinate before you catheterize and the catheterized volume (ml).

Normal voiding volume is 200-400 ml, the amount of urine shouldn't exceed 400 ml, both catheterized and voided volume.

LoFric®

Micturition Chart Day 1

Time	Voided volume	Catheterized volume	Bladder sensation	Leakage
	Amount	Amount		

Micturition Chart Day 2

Time	Voided volume	Catheterized volume	Bladder sensation	Leakage
	Amount	Amount		

Information

Write a description of how the sensation of your bladder felt when you went to the toilet using the numbers as codes:

1= No sensation of needing to pass urine, for example, passed urine just before going out.

2= Normal sensation to pass urine and no urgency.

3= Urgent sensation, I need to go immediately to the toilet.

If you leak urine, show this by writing an 'X' on the diary at the time you leaked.