



Intermittent Catheterization (IC)

MICTURITION CHART

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 fluid you drink and 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.

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.

MICTURITION CHART DAY 2

Time	Voided volume	Catheterized volume	Bladder sensation	Leakage

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.

At Wellspect we develop innovative continence care solutions that change people's lives. We are committed to inspire our users to build self-confidence and independence as well as good health and well-being. We have been leading the industry for over 30 years with our product brands LoFric® and Navina™. We create reliable and user-friendly products for bladder and bowel management with as little environmental impact as possible. We passionately strive to become climate neutral and work closely together with users and healthcare professionals who constantly inspire us to improve our products and services in a sustainable way, now and for the future.

Wellspect. A Real Difference.

For more information about our products and our initiative Advancing Continence Care Together (ACCT), please visit [Wellspect.com](https://www.wellspect.com).

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