



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 hours/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.**





At Wellspect we develop innovative continence care solutions that improve quality of life for people with bladder and bowel problems. We 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 40 years with our product brands LoFric® and Navina™. We always aim to minimize the environmental impact of our products and passionately strive to become climate neutral. We work together with users and healthcare professionals to improve clinical outcome 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.us](https://Wellspect.us).

Join the conversation on Facebook and Instagram.

[wellspect.us](https://Wellspect.us)



Wellspect HealthCare  
1235 Friendship Road, Suite 205, Braselton, GA 30517. Phone: 1-877-456-3742.



Wellspect HealthCare, Aminogatan 1, P.O. Box 14, SE-431 21 Mölndal, Sweden. Phone: +46 31 376 40 00.