



INTERMITTENT SELF CATHETERISATION FOR WOMEN

URINARY 3-DAY RECORD CHART



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THE FULL DIGITAL COPY

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URINARY 3-DAY RECORD CHART

In the early days of self-catheterisation, it's important to track your fluid intake and urine output. This helps ensure you're well-hydrated and emptying your bladder fully. Use the form provided or simply jot it down on paper.

DATE	TIME	INPUT TYPE & AMOUNT OF LIQUID (MLS)	URINE PASSED WITHOUT A CATHETER	URINE PASSED WITH A CATHETER	DID YOU HAVE ANY LEAKAGE?



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