

# Clean Intermittent Catheterization Schedule



TGH

This schedule will help you to establish your voiding pattern.

Please bring this schedule and your voiding diary with you when you come back to see your urologist.

1. First urinate into a container and record the amount.
2. Then, catheterize yourself and record the amount.
3. Sum up the voided and catheterized amount

<b>Voiding Pattern If over a 24 hour period you have:</b>	<b>*Catheterization Schedule</b>
Less than 200 ml urine	Catheterize yourself once (1 time) a day
Greater than 200 ml urine	Catheterize yourself 2 times a day
Greater than 400 ml urine	Catheterize yourself 3 times a day
Greater than 500 ml urine	Catheterize yourself 4 times a day
And as needed to keep you comfortable	

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