

Clean Intermittent Catheterization Schedule

A quick reference to help you with your voiding schedule.

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

1. First urinate (pee) into a container and record the amount.
2. Then catheterize yourself and record the amount.
3. Add the total voided and catheterized amount.

Voiding Pattern If over a 24 hour period you have:	Catheterization schedule
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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