

Bladder Emptying Schedule (IC Protocol)

When you do intermittent catheterization (IC), you need to empty your bladder on a schedule. The timing of your next IC will depend on how much urine you had during your last IC. Always measure your urine so that you can know when to do your next IC. The more volume you have, the more often you need to do ICs. Things that can cause you to go more often include:

- Increased fluid intake
- Drinking coffee or alcohol (especially beer)
- Bladder infections
- Some medications

Urine Volume	Time until next IC
400 mL or less	6 hours
401 mL to 600 mL	4 hours
600 mL or more	3 hours

Contact your Doctor or Nurse for more information.

SELF CARE

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