

Urine Record

Name:



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Date 1	Cups of fluid taken per day	Volume of urine passed after each catheterization (ml)				
		1	2	3	4	5

Special Tips on Intermittent Catheterization

How often to catheterize: This varies a lot from person to person, depending on your type of bladder condition, the amount you drink, and the different medications you may be taking. Your doctor will advise you how often to use LoFric, a typical recommendation is every 3-4 hours at minimum.

How much to drink: You should drink at least 6-8 cups of fluid every day. Keep coffee and tea consumption to a minimum, since caffeine can irritate your bladder.

Personal hygiene: It is recommended to wash the genital area with mild soap once a day. Wash your self gently in order to avoid washing away the natural bacterial flora that protects against infections.

Bowel movement habits: Regular bowel movements are important, preferably on a daily basis. This will make it easier for you to empty your bladder completely.

Before catheterization: Relax your pelvic floor and avoid pressing down with your abdominal muscles.

Problems that may arise: If you experience chills, high fever, or cloudy or foul-smelling urine, you may have an infection. Drink plenty of fluids and contact your physician or nurse immediately.

Traveling abroad: Take a sufficient supply of catheters with you when away from home. If you have doubts about the quality of the water in the place you are going to, use bottled water.

Remember that LoFric is available with an integrated water pouch. Ask for LoFric Primo or Hydro-Kit.