**Appendix 13**

**Intermittent Self Catheterisation**

**Three Day Diary**

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Name: | | | | DOB: | | | | NHS No: | | | |
| Date |  | | | Date |  | | | Date |  | | |
| Day One | | | | Day Two | | | | Day Three | | | |
| Time | Amount of urine passed without catheter in mls | Amount of urine passed with catheter in mls | Drink | Time | Amount of urine passed without catheter in mls | Amount of urine passed with catheter in mls | Drinks | Time | Amount of urine passed without catheter in mls | Amount of urine passed with catheter in mls | Drinks |
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**Intermittent Catheterisation Frequency Guide**

|  |  |
| --- | --- |
| 400mls + | 4-6 Times a day |
| 300mls-400mls | 3-4 Times a day |
| 200mls-300mls | 2-3 times a day |
| 100mls-200mls | 1-2 times a day |
| Less than 100mls a day or a week | Stop |

Some people may not need to have ISC done every day, this is just a guide