The Johns Hopkins
Women's Center for Pelvic Health

Self-Catheterization Record

Please record date and time each time you go to the toilet and catheterize. You should try to empty your bladder either when you feel the natural urge or every 2-3 hours. Before you sit to urinate, place the measuring hat in the toilet. Record the amount of spontaneous urine collected in the hat. After you finish urinating, perform self-catheterization (see instruction sheet). Record the amount of urine obtained with the catheter. This chart should be maintained for at least 3 days (72 consecutive hours). After 3 days, please call your surgeon's office with these results. At that time, you will receive further instructions about what to do.

Date	Time	Volume Urination	Volume Catheter