

# How much should I drink and how often should I catheterise?

You should drink enough to ensure your Wee is a light 'straw' colour and matches the colours numbered 1, 2 or 3 on the 'Wee colour chart' on this page. If your Wee matches the colours 4 through to 8 you may be dehydrated and need to drink more.

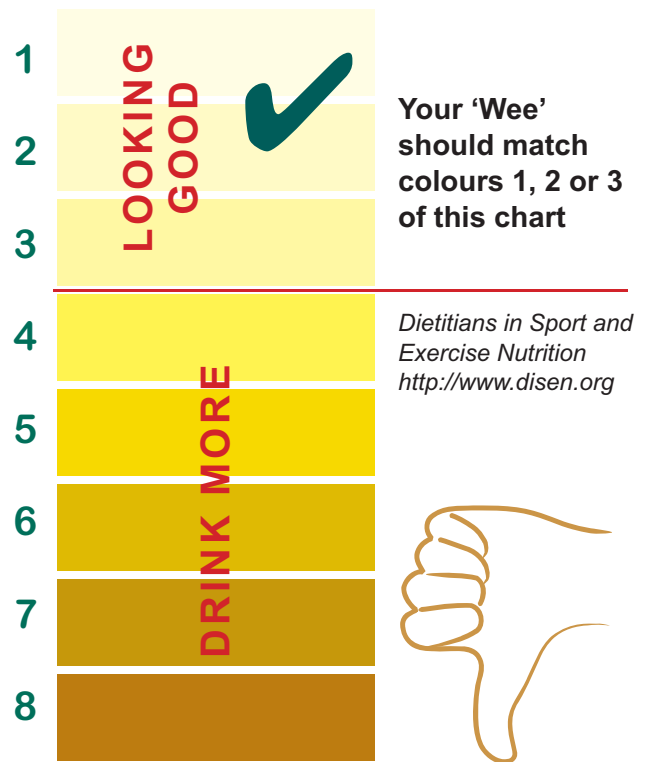
Don't leave it until the last minute to go for a 'Wee' even if you have a good idea of when your bladder is full, remember performing ISC takes a bit longer. If you have sensation then go shortly after you have the feeling that your bladder is filling up.

Letting your bladder fill up until it cannot take any more can not only be uncomfortable and cause unwanted leaks but is also potentially harmful to your kidneys and can cause infections\*.

**If you take medicines to stop you leaking between catheterisations it is vital you empty your bladder in plenty of time in order to prevent damage to your kidneys. This is because when there is too much Wee in your bladder, it can create dangerously high pressures, forcing Wee to back up the tubes connecting your bladder to your kidneys. The medical term for this is called 'reflux'.**

*\*There is a long term study which recommends keeping the average catheterisation volume in adults to less than 400mls to minimise urinary tract infection. (Bakke et al - Predictors of infection in patients treated with clean intermittent catheterisation - British Journal of Urology 1997 79, 85-90). Not sure how much Wee you pass? Get yourself a measuring jug - its as simple as that!*

## Wee colour chart\*\*



When the weather is hot you may sweat more and therefore you will need to drink more to replace fluids. This is also the case during unaccustomed exercise or engaging in sporting activities.

*\*\* Please note: The colours in the above Wee colour chart are an approximation only and shown here only as a rough guide. If you are worried about the colour of your Wee, please seek advice from your health care professional.*

## Fluid intake Matrix

Try to avoid an excess of fizzy drinks, particularly the energy drinks loaded with caffeine as well as too much tea or coffee. This chart can be used to estimate how much you should drink in a 24 hour period, depending on your weight.

Patients Weight Stones	Patients Weight kg	mls per day	Fluid oz	Pints	Mugs
6	38	1190	42	2.1	4
7	45	1275	49	2.5	5
8	51	1446	56	2.75	5-6
9	57	1786	63	3.1	6
10	64	1981	70	3.5	7
11	70	2179	77	3.75	7-8
12	76	2377	84	4.2	8
13	83	2575	91	4.5	9
14	89	2773	98	4.9	10
15	95	2971	105	5.25	10-11
16	102	3136	112	5.5	11

*Ref: Abrams & Klevmark. Frequency volume charts an indispensable part of urinary tract assessment. 1996 Scandinavian Journal of Neurology 179; 47-53*