



Shepherd Center

Worksheet: Bladder Program

This assignment is designed to help the learner write down the specifics about his/her own bladder program. Please review the questions, print this page and write in the answers.

1. What type of bladder program do I have? (Intermittent Catheterization, Indwelling Catheter, Condom Catheter, Toileting Schedule)

2. How frequently do I perform my bladder program? (e.g., every 4 hours, every 6 hours. etc.)

3. What are some important things to remember about my bladder program?

4. If I get a urinary tract infection, what symptoms might I have?

5. What should I do if I get a urinary tract infection?

6. What is my doctor's phone number?