**Mikcijas dienasgrāmatas aizpildīšanas paraugs**

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| ***Paraugs: I diena*** |
| ***Pamošanas laiks: 7:15*** |
| Laiks | 7:17 | 7:35 | 8:20 | 9:45 | 10:30 | 12:30 | 13:45 | 15:15 | 16:30 | 17:00 | 17:45 | 19:45 | 22:45 | 01:30 | 3:45 |
| Uzņemts šķidrums (ml) |  | 70 ml |  | 150 ml |  | 250 ml |  |  | 250 ml |  | 200 ml |  |  |  |  |
| Urīna daudzums (ml) | 250 ml |  | 30 ml |  | 50 ml |  | 300 ml | 20 ml |  | 100 ml |  | 100 ml | 50 ml | 50 ml | 50 ml |
| Pāvēles mikcija (no 1 līdz 4)\* | 2 |  | 1 |  | 1 |  | 3 | 1 |  | 1 |  | 1 | 2 | 2 | 1 |
| Nesaturēšana | + |  | + |  | \_ |  | + | - |  | - |  | - | - | - | - |
| Aktivitāte pie nesaturēšanas (klepus/stress/skriešana/cits) |  |  | klepus |  |  |  | skriešana |  |  |  |  |  |  |  |  |
| ***Gulētiešanas laiks: 22:15*** |
| ***\*1 balle – nenozīmīga (varu atlikt urināciju uz ilgāku laiku, nebaidoties par urīna noplūdi),*** ***2 balles – mērena (varu atlikt urināciju uz neilgu laiku),*** ***3 balles – stipri izteikta (nevaru atlikt urināciju, jāskrien uzreiz),******4 balles – pēkšņa nepieciešamība urinēt, smaga urīna noplūde.*** |

***!Lūgums aizpildīt mikcijas dienasgrāmatu pēc dota parauga, sākot ar 1. dienu (kopā 3§ nesecīgas dienas).***

**Mikcijas dienasgrāmata**

Vārds, uzvārds: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Dzimums: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Svars: \_\_\_\_\_\_\_ Vecums:\_\_\_\_\_\_ Datums: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| ***I diena*** |
| ***Datums: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pamošanas laiks:***  |
| Laiks |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Uzņemts šķidrums (ml) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Urīna daudzums (ml) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pāvēles mikcija (no 1 līdz 4)\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nesaturēšana |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Aktivitāte pie nesaturēšanas (klepus/stress/skriešana/cits) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Gulētiešanas laiks:***  |
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| ***II diena*** |
| ***Datums: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pamošanas laiks:***  |
| Laiks |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Uzņemts šķidrums (ml) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Urīna daudzums (ml) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pāvēles mikcija (no 1 līdz 4)\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nesaturēšana |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Aktivitāte pie nesaturēšanas (klepus/stress/skriešana/cits) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Gulētiešanas laiks:***  |
|  |
| ***III diena*** |
| ***Datums: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Pamošanas laiks:***  |
| Laiks |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Uzņemts šķidrums (ml) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Urīna daudzums (ml) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Pāvēles mikcija (no 1 līdz 4)\* |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Nesaturēšana |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Aktivitāte pie nesaturēšanas (klepus/stress/skriešana/cits) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ***Gulētiešanas laiks:***  |
| **Piezīmes:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ |

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